

TX 819

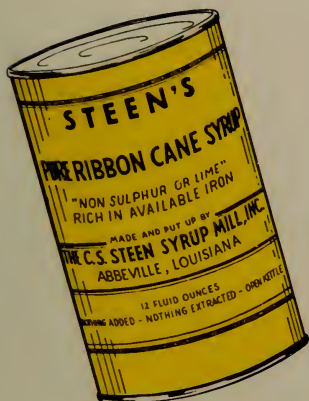
.S96 S86

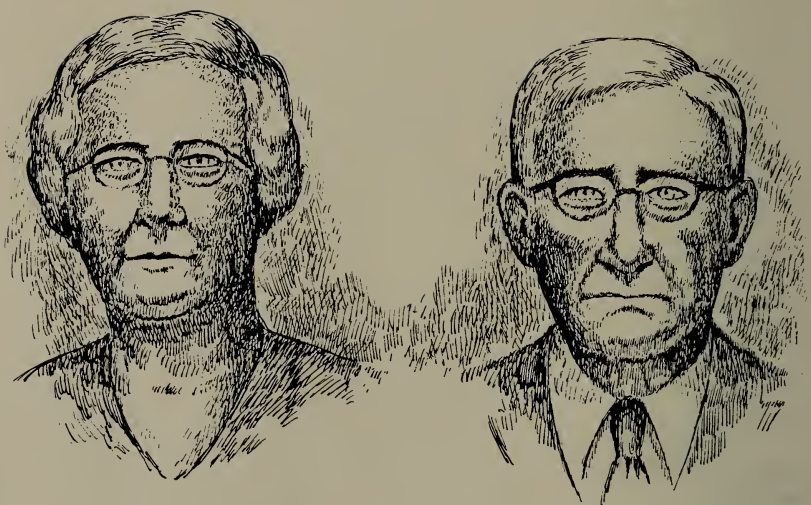




Price \$1.00

The Story Of STEEN'S SYRUP And Its Famous Recipes





The C. S. Steens, Sr. are an important part of the C. S. Steen Syrup Mill story; they are the beginning. Their ability to overcome the calamity of a lost crop by the founding of one of the world's largest food processing companies exemplifies the courage, fortitude, optimism, hard work, and pioneer spirit which we call the American way. Had they surrendered to a crop-killing freeze, Vermilion and surrounding parishes would have lost an industry which has been of great value to hundreds of citizens of Southern Louisiana. The C. S. Steens', Sr. spirit is a model for us all, and it is to their memory and their sense of the American initiative that this book is respectfully dedicated.

81-51826

DINING

We may live without poetry, music and art;
We may live without a conscience, and live without a heart;
We may live without friends; we may live without books;
But civilized man cannot live without cooks.

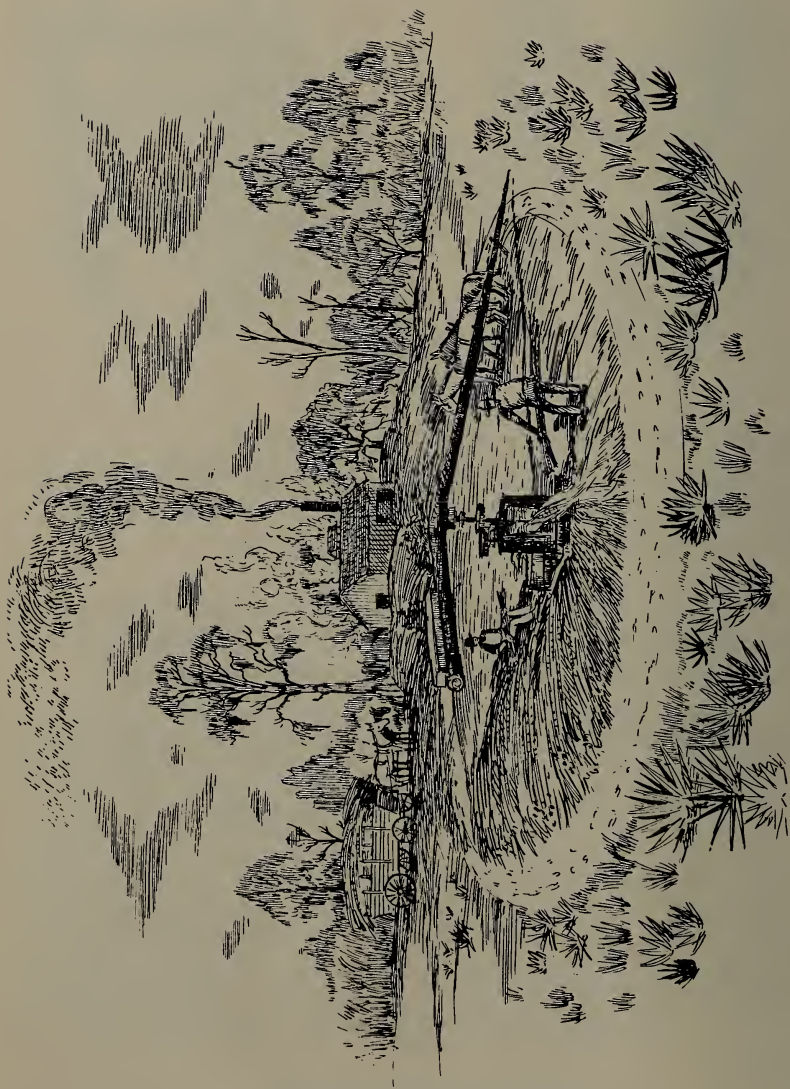
We may live without books—What is knowledge but grieving?
We may live without hope—What is hope but deceiving?
We may live without love—What is passion but pining?

But where is the man that can live without dining?

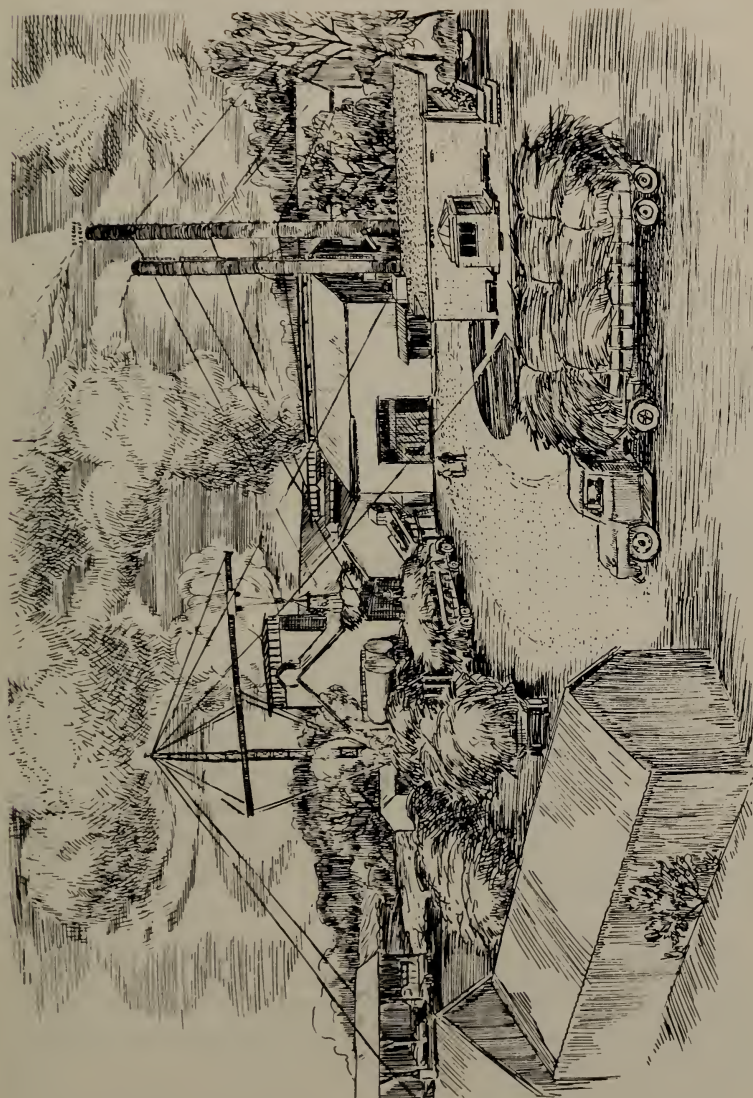
Owen Meredith

WARREN A BURDETTE
P O BOX 31
483 HARBOR DR SOUTH
INDIAN RK BCH FL 33535





Typical Of The First Mill



The Present Home Of The C. S. Steen Syrup Mill

History of The C. S. Steen Syrup Mill, Inc.

**Every Dark Cloud Has A Silver Lining
(One Storm Cloud Had A Sweet, "Syrupy" Lining)**

Out of the hardship of a heavy early freeze in 1911 developed one of the largest industries in Vermilion Parish, The C. S. Steen Syrup Mill, Inc. In 1911, the late C. S. Steen, Sr., founder of the corporation, had a crop of 600 tons of frozen cane standing in his field and the nearest refinery was 6 miles away. The only transportation was by wagon to the railroad switch where each farmer was allowed to transport one load (perhaps 3 tons) per day. At this rate, Mr. Steen knew the fate of his crop would be a field of worthless, sour cane. This was too big a monetary loss for him to take "sitting down". He began to reminisce about the earlier days, during the Reconstruction period after the War Between the States. His father had been a sugar boiler by trade and he had helped when his father's cane crop had also suffered early freezes. With these previous experiences in mind, he decided to purchase a small mill from a local hardware store. He erected his little mill within two weeks, ground what cane he thought was acceptable, and produced three barrels of putrid, thick, sour syrup. But his vision of a syrup mill was not to be cast aside.

The next year he planted more sugar cane, and with the cooperation of the elements, he ground his cane crop at the right stage, producing a very appetizing product. Other farmers began to haul sugar cane to this new outlet and in return they took home their families' supplies of sweetnin' for the year. It was not unusual to see farmers riding into town on their mules pulling wagons loaded with cane and piled high with wooden barrels and tin cans to be filled with the finished product, syrup.

Each succeeding year more cane was ground, making it necessary to enlarge the plant almost biannually. By this time toll cane could not supply the demand for Steen's Pure Ribbon Cane Syrup, so more cane was obtained from farmers who normally sold only to the sugar mills.

The ensuing years may have brought their share of freezes and droughts, but the public demand for good cane syrup never diminished. Housewives frequently went to the mill with buckets to get a good supply of the hot syrup.

The present plant, erected in 1930, occupies three acres of land located in the heart of Abbeville, on the shady banks of Bayou Vermilion. During the part of the year when sugar cane is growing and the mill is not grinding, plant maintenance, building work, and the loading and shipping of syrup is handled by 20 regular employees. During the period of full operation, however, the mill employs 125 men in the factory. The syrup mill farms still cannot supply all the cane needed so extra cane is purchased from approximately three hundred farmers within a radius of 10 miles, but in some instances the cane comes from a distance of more than 32 miles.

The average "syrup makin'" season extends from mid-October through Christmas. Today, as in days gone by, when that certain crispness of autumn is in the air and the tantalizing odor of boiling cane syrup floats over the village, one often sees a housewife or her husband go to the plant for a fresh bucket of Steen's Pure Ribbon Cane Syrup to be "sopped up" with hot french bread, biscuits, corn bread, waffles, or pancakes. "*Comme delices du gourmet, il n'y a rien de meilleur.*" (For a gourmet's delight, there's nothing better).

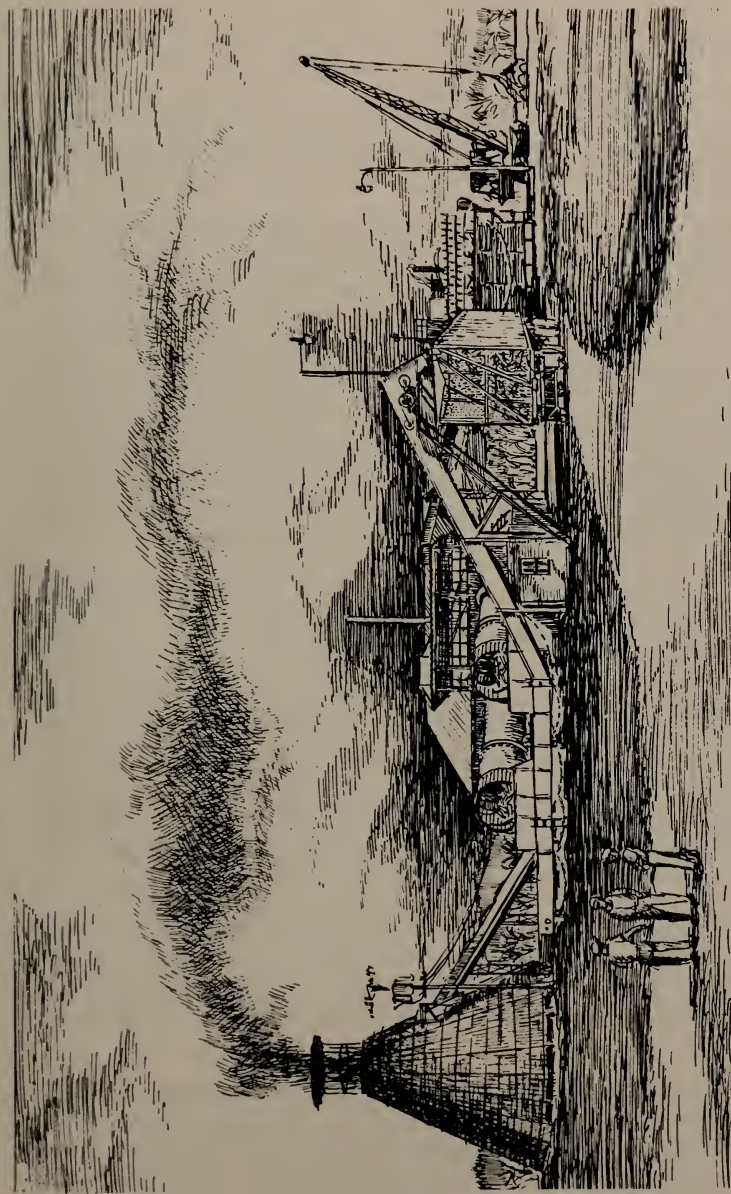
In the beginning Mr. C. S. Steen worked with his wife and children expanding and building each year. At the time of his death (1936) the mill was processing about 10,000 Tons of cane into syrup annually. Surviving children at this time were Daisy S. Morgan, C. S. Steen, Jr., Myrtle Steen, and J. Wesley Steen. Together with their Mother they continued to make syrup. After the death of Mrs. Steen in 1938 a partnership was formed by her four children. They worked together, building and growing, until the death of C. S. Steen, Jr. in 1946. By this time the production of the mill had doubled since the time when the partnership started. Because of the size of the business it became necessary to form a corporation. As years passed stock shifts took place and ownership was transferred to J. Wesley Steen, Lillian B. Steen and her son Albert C. (wife and son of C. S. Steen, Jr.). This new team continued working together, building and expanding, until 1974 when Wesley retired. Presently, the mill is under the guidance of Albert C. Steen, his mother Lillian, and Francis Melebeck.

Local citizens point with pride to the fact that their city contains one of the world's largest industries of its type and agree that The C. S. Steen Syrup Mill, Inc. is an important asset to the economy of the City of Abbeville and Vermilion Parish.

SUGAR CANE CUTTING

Prior to 1967, early in October of each year approximately 300 farmers in Vermilion and surrounding parishes (counties) scouted the countryside for labor to cut and to strip sugar cane by hand for delivery to the C. S. Steen Syrup Mill. This colonial method of hand cutting was used because no machine had yet been devised to clean the cane of flags (long leaves similar to those on corn stalks) and other foreign matter. Farmers growing cane for sugar production have used mechanical cane cutters for several years. In this process, however, after the stalks have been cut they are laid across rows in the field and the flags are burned off. While burned cane was satisfactory for the production of sugar, hand cutting was necessary for syrup manufacturing because only unburned cane made syrup with Steen's distinctive golden color and buttery flavor.

Although wages paid to field workers were regulated by the federal government, so many deserted the fields for the cities, welfare rolls, and poverty programs, that some mechanical methods of removing flags became necessary for the survival of the syrup industry. Entirely without the benefit of government funds or government assistance of any kind, the Steens began experimenting with cane cleaning processes early in 1964. Several of the early attempts were



Cane Cleaning Plant

unsuccessful, but finally a "tumbling" process was developed and a pilot plant built in 1966.

Combining the experience gained from operation of the pilot plant with fresh ideas, a full-scale plant was built in the summer of 1967 which cleaned all of the sugar cane used by the mill that fall. Instead of attempting to remove flags in the field, the Steen process utilizes conventional cane cutting machines which only cut the stalks in the field.

Then the cane is brought to a cane cleaning plant located on 12 acres of land, about 3 miles from town. A crane unloads the cane onto a table, where saws cut the stalks into lengths of about 20 inches. Conveyors carry the cut lengths to large rotating cylinders where the cane is tumbled, like clothes in a washing machine or dryer. The flags are broken loose and separated from the cut stalks. As they fall a vacuum pulls the trash away from the sugar cane. These flags are then caught by another conveyor and taken to an incinerator, while the cleaned sugar cane is dumped into specially-built trucks to be delivered to the syrup mill in town.

Necessity was the main reason for developing this semi-automatic, mechanical process of cleaning cane, but there have been several other important results. First, a traffic problem in Abbeville has been eliminated. Before the cleaning plant was built, thirty or more farmers' trucks would line the streets waiting to unload. Only four trucks are presently used, and since two are always being loaded or unloaded, only one or two are on the roads at any time, and none are parked on the streets. The Abbeville Chamber of Commerce has voted unanimous thanks and congratulations to the Steens for their achievement.

Second, and more important, the new process for cleaning sugar cane has gained the attention of the entire sugar industry. Sugar men from domestic areas as well as from Puerto Rico, Australia and Hawaii have come to inspect the plant.

In Florida and Louisiana, for the production of sugar, flags have generally been burned off the cane stalks. A different process has been used in Hawaii, but the result is the same: significant loss of sucrose content. This essentially means that less sugar can be made from the same amount of cane. With the Steen process, sucrose loss is much less; indeed the sucrose loss is not noticeable. Experts have esti-

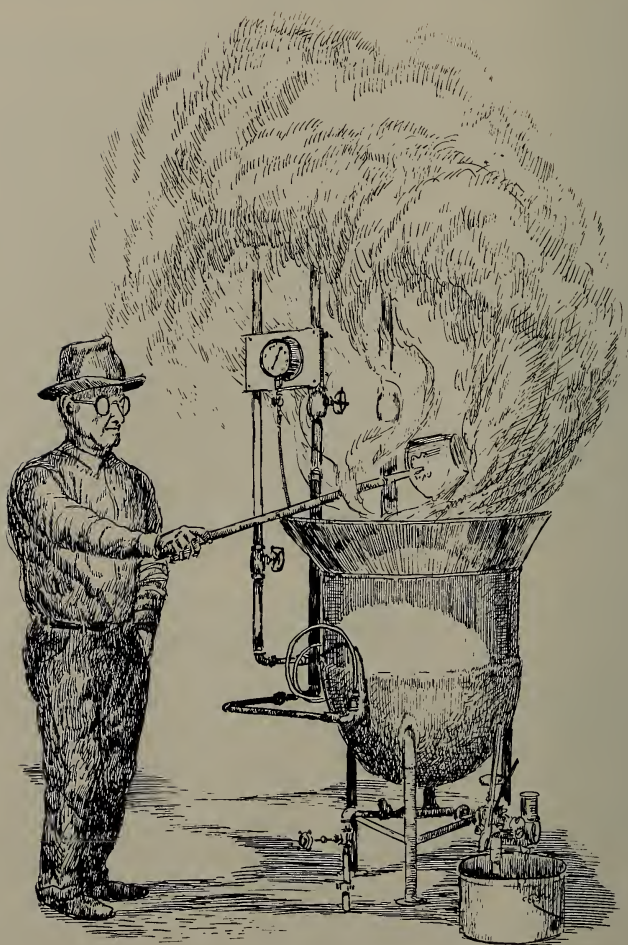
mated that this could result in savings up to a million dollars a year in the Louisiana and Florida sugar-producing areas alone. In addition, savings should result from reduction of maintenance costs at sugar refineries.

SYRUP COOKING

After a thorough washing on the conveyor, the cane is "milled", almost shredded — in which form the juice is extracted. The residue, or "bagasse", as it is called, then goes through a separate chute to assume its end role as fuel for the boilers. The juice is cooked in large rectangular pans, in which it boils only on one end — forcing the impurities to flow toward the cool end in the form of a scum that is "skimmed" off with wire nets and metal pans. The juice then drains through successively finer screens — some of them having over 260,000 holes to the square inch — which further "clarify" the liquid. The juice is then cooked down in the "evaporation" stage until it reaches exactly the right temperature and consistency for quality syrup — a process almost completely automatic. It is then canned and cooled.

VISITORS WELCOME

Many interested people visit the C. S. Steen Syrup Mill plant throughout the year, and they are always welcome. However, a very special time of year provides both a tourist attraction and a native's pastime. This is the "grinding season" or "syrup makin' season". Visitors enjoy watching the unloading of cane trucks, crushing of cane, boiling of cane juice, canning of syrup, and loading of the finished product. While the younger folks chew cane, adults might enjoy a cup of the black French coffee continually being dripped. If you are a native old enough to reminisce, you might sense the presence of the ghost of the late Mr. C. S. Steen, Sr. You might sense what his satisfaction would be with the continued success of his dream begun in the year 1911 when his effort and aim was primarily to salvage a frozen sugar cane crop. You might sense a measure of pride that the capacity of this plant has quadrupled since his passing in 1936.



Cooking La Cuite

If you are near Abbeville 'tween October and December and decide to drop in for a fingerlickin' sample you won't have any trouble finding the plant—just let the good smells direct you. It is obvious that the Steens are in a "sweet" business.

THE FINISHED PRODUCT

From Florida to California, from the Gulf of Mexico to Illinois, and in many foreign countries, Steen's Pure Ribbon Cane Syrup is distributed under 40 different brand labels. It is packed and distributed in 7 sizes: 2 $\frac{5}{8}$ oz. cans, No. 1 $\frac{1}{2}$ cans, No. 2 $\frac{1}{2}$ cans, No. 5 cans, No. 10 cans, 55 gal. drums, and 8,000 gal. tank cars.

LA CUITE — STEEN'S NEWEST OLD PRODUCT

Several years ago, a specialty item store owner convinced Wesley Steen to cook a batch of La Cuite (pronounced "la-kweet.") In French "la cuite" literally means "The last of the cooking" or "the remainder", so to speak. It is cooked in an open stainless steel kettle which is much smaller than the other open kettles used for cooking syrup. Basically, "la cuite" is pure ribbon cane syrup cooked to a taffy-like consistency, completely free of chemicals, sulphur, or lime. It is the last.

In the plantation days, when the variety of candies we have today didn't exist, la cuite was a very popular confection. Children would wrap it on a stick, dip it into chopped pecans or walnuts and eat it very much like an all-day sucker. It is used exactly like plain syrup, but one doesn't need to use nearly as much because it is so concentrated and rich.

The Steens are very pleased with the reception La Cuite has had. They are one of the few producers. When it was decided to produce La Cuite for commercial consumption, old timers who once made it were consulted for information about processing techniques and La Cuite's history to make sure Steen's La Cuite would be completely authentic. So, truly, it is their **Newest** Old product.



GENERAL HISTORY OF SUGAR CANE*

The cultivation of sugar cane dates back so far that we have no definite information as to its place of origin. The oldest records available are those of India. In this country there are records of the sugar cane plant in the Institutes of Manu, showing knowledge of it over a thousand years before the Christian era. This country seems to have the most botanical evidence to support its claim that the cane is a plant indigenous there. At the present time there are growing in India many wild canes which show all of the characteristics by which we classify our present cultivated varieties. It is very probable that it was in this country that the wild, woody canes low in sugar were developed by some ancient people into the sweeter, large barreled cultivated kinds that are commonly called the "Noble canes."

In addition to botanical evidence, folklore and ancient writings also indicate that sugar cane has been known in India for countless centuries. In fact, it is recorded in the sacred books of the Hindu race that sugar cane was created by a celebrated Rishi of ancient times at the request of a famous Rajah of India. The story goes that this Rajah, who was named Trishanku, aspired to live with the gods during his lifetime, but the Monarch of the Celestial Regions, Indra, would not admit him. As a consequence, Vishwa Mitra, the magician, was implored to prepare a paradise on earth, and to stock it with the most marvelous plants. Trishanku occupied this garden for a time, but later on healed his quarrel with the gods, and was admitted to the Celestial Regions. The paradise on earth was consequently of no further use, so it was destroyed, and all of the luxuries in it, except a few, were also destroyed. Among those left was the sugar cane, which, with the others remaining, was left as a memento to the occult powers of the Rishi.

From India the sugar cane naturally spread to the adjoining countries. It reached China at a very early date; in fact, as early as about 766 B.C., crude sugar was being made in China from the cane, and the Chinese themselves claim that they learned their methods of manufacture from India.

*See Notes on Page 28.

Sugar cane stalks can be kept for some time without spoiling, and as the sweet juice has a nutritive value, and is an appetizing and stimulating food, stalks of cane were carried by early native navigators on their voyages. By this means the cane was carried from India and China to the Philippines, Java and many other of the islands of the Pacific, situated in fairly close proximity to China or India. At an early date it was further carried by daring navigators to Hawaii, Otaheite and others of the islands of the South Pacific. It was found growing apparently wild in many of the islands of the Pacific when they were discovered by the Spaniards and other nationals.

The extension of the planting of sugar cane westward from India is of more recent date and its course can be more readily traced. The Persians, whose country adjoined India on the west, were naturally among the first nations to receive the cane. They not only grew the cane for chewing purposes, but also made considerable progress in sugar manufacture. As early as 600 A.D., Nestorian monks at Gondishapur, at the mouth of the Euphrates River, were the first people to refine and to produce a white sugar.

Persia was conquered by the Byzantines in 627 A.D., Sugar cane culture began to gradually extend westward as the Arabs extended their conquests. The Arabian Caliphs were very much interested in and in sympathy with the useful arts, the sciences and agriculture, and helped to preserve the civilization of the ancient east and transmit it to Europe. They carried the cane with them as they extended their territories, and improved its cultivation and the methods of manufacturing and refining sugar.

As the cane spread along the Mediterranean, along the mainland and through the islands, a thriving sugar industry began to spring up, especially in Spain and Egypt, but also in other countries and islands of the Mediterranean.

The advent of the Crusaders to this part of the world during the twelfth and thirteenth centuries caused the development of a substantial trade between European countries and Mediterranean cities. The Crusaders brought back to Europe stories of the sugar cane and of sugar, and began to create a demand for this agreeable product. Venice became the chief city for the importation of European goods, and the exportation of Oriental products. Spices and similar articles were carried overland from the Orient to Venice,

from which port they were shipped to other ports of Europe. Sugar was brought to Venice from all parts of the Mediterranean, and the Venetians, who had developed the art of sugar refining which they had learned from the Arabs, exported the refined sugar to other points of Europe. During all of the fourteenth and fifteenth centuries this city held practically a monopoly for supplying Europe with sugar.

Meanwhile the sugar cane was carried by the Portuguese and Spaniards along their colonizing routes. Henry the Navigator of Portugal had it introduced from Sicily and Cyprus to Madeira in 1420. Soon afterwards it was brought by the Portuguese and Spaniards to the Canaries, the Azores, the Cape de Verde Islands, the Islands of Sao Thome and to the Portuguese West Africa settlements on the mainland. The cane flourished wherever grown and a sugar industry soon arose in these places. Moorish prisoners of war were used to cultivate the crop, and it was not long until the Spaniards and Portuguese were also using slaves brought over from Africa.

Sugar began to be produced in such large quantities in these Spanish and Portuguese colonies that the price fell, and it became more of a general food. It had hitherto been used chiefly in the prescriptions of physicians and in the homes of the wealthy. This competition between the sugar produced in the Mediterranean and the new source began to cause the industry in the Mediterranean to decline.

In 1453 the Turks captured Constantinople; after this they soon began to extend their empire. In 1461 Trebizonde was conquered. Soon after, the other commercial towns of Asia Minor and all of Genoa's colonies on the Black Sea fell. Trade relations between Europe and Asia Minor became considerably restricted, and in addition the Turks restricted sugar production in the conquered countries. This caused a further decline of the Mediterranean industry.

The Portuguese and Spaniards were very anxious to find an all-water route to India, in order that they might share in the profitable Oriental trade, which Venice up to that time had held practically alone. Explorers of both nations were anxiously seeking this route. Finally in 1498 Vasco de Gama rounded the Cape, reached India, and opened up an all-water route. Portuguese trade began to thrive, the Portuguese distributing Indian and Oriental goods as well as those coming from their own colonies.

The discovery of an all-water route to India by de Gama put an end to the supremacy that Venice had previously held as a trade center. She suffered greatly by the decline in sugar production in the Mediterranean, and by the long continuous wars with the Turks, who though unable to conquer her, were able to cut off supplies and interfere with trade.

Spain also had visions of trade expansion, and this accounts for the voyage of Columbus in 1492, and his discovery of America. The purpose of his voyage had been to discover a short all-water route to India.

On his second voyage to the new world in 1493, Columbus carried with him from the Canary Island to Hispaniola (Santo Domingo) both sugar canes and Canary Island cane growers. The growers died and this first shipment of cane seems to have been lost.

A second introduction of sugar cane was made to Hispaniola in 1506, by Pedro de Atienza, under the influence of Nicholas de Ovando, Governor of the island. It seems as if the Spaniards, even at this early date, were rather anxious to begin the cultivation of the cane in these tropical parts.

It was not until 1510 that the first sugar was made in the western hemisphere. It was made by either Miguel Ballestro or Aquilon. The founder of the industry, however, was Gonzales de Veslosa, who in 1515 erected a horse driven mill at Rio Nigue, Santo Domingo, and began to produce sugar. After this initial start the industry soon expanded in this part of the world.

From Santo Domingo the sugar cane spread rapidly to other islands of the West Indies and to the South American continent.

The Portuguese and Spaniards found that the native Caribs that were left after the destruction carried on in these parts were not suited for the cultivation of cane. Accordingly, slaves were brought over from Africa, and thus was started the "famous," or rather "infamous," West Indian slave trade.

Sugar began to be produced in large quantities in the western hemisphere, the British, French and Dutch also entering into its production. For a long time Brazil and Santo

Domingo were the great sugar producers of the world. The sugar industry that had previously been established in the Spanish and Portuguese colonies of the old world were soon supplanted. The industry in the Mediterranean had long since ceased to exist.

LOUISIANA HISTORY

The introduction of the sugar cane to Louisiana dates from 1751 when a shipment of it was brought from Santo Domingo and was planted on the plantation of the Jesuit fathers, which is now part of the City of New Orleans. The cane was used for chewing purposes. Many of the prominent men of the Colony of Louisiana attempted to manufacture sugar, but none of their efforts were successful. It appears that at this time the proper use of lime in sugar manufacture and the concentration point were not thoroughly understood.

In 1791 a Spaniard by the name of Mendez erected a sugar mill and decided to try his hand at sugar making; he employed a sugar maker named Morin, who had learned his trade in Santo Domingo. Mendez succeeded in making some sugar, and he also appears to have experimented with success in refining it on a small scale. He did not commercialize his results for some unknown reason, but was, however, the first man to produce a marketable sugar in Louisiana.

The first successful sugar crop produced in Louisiana was that of Etienne de Bore. In 1794 de Bore bought a supply of canes from Mendez and another Spaniard named Solis, both of whom had plantations below New Orleans. De Bore's plantation, by the way, is now part of Audubon Park, and on this same property the Louisiana Sugar Experiment Station was located for many years until its removal to its present site at Louisiana State University in the fall of 1923 and early winter of 1924.

At the time of de Bore's experiment, conditions were very critical in the Colony of Louisiana. Many of the colonists were on the very brink of bankruptcy, because the cultivation of indigo, which was their staple crop, had become unprofitable.

The experiment of de Bore was therefore watched with much interest, and although many of his friends tried to dissuade him from attempting such a rash undertaking, he held firm in his resolution to try to make sugar. According-

ly he built a mill, and employed the same Antoine Morin who had successfully produced sugar for Mendez. In 1795 de Bore succeeded in working up his cane crop into sugar, the amount made selling for \$12,000, which in those days was quite a large sum of money.

After de Bore's successful attempt to produce sugar on a commercial scale in Louisiana, many other planters entered into sugar cane cultivation. A thriving sugar industry soon became established in Louisiana, replacing the cultivation of indigo.

For many years the average yield of sugar cane in Louisiana ranged between 16 and 20 tons per acre. The state sugar crop averaged around 300,000 tons of sugar per year and was a source of livelihood for approximately 500,000 people. During this period, one general type of sugar cane was grown, the so-called "Noble" cane, characterized by a large stalk diameter, low fibre content, and a sucrose content satisfactory for sugar production under Louisiana conditions.

In the due course of time the "Noble" type of sugar cane, *Saccharum officinarum*, L., became infested with diseases and the yield of sugar decreased from an average of about 300,000 tons per year to a low yield of 47,000 tons in 1926. This disaster threw many people out of work and caused an extremely heavy loss of property throughout the Louisiana sugar area, and for a time it seemed that the industry would cease to exist. The loss of this industry would have affected not only the people who were directly dependent for their livelihood upon the production of sugar in Louisiana, but farmers who raised food and feed in the middle west, growers of seed crops, particularly cowpeas and soybeans in the Central South, mule raisers from Missouri north, tractor, implement and fertilizer manufacturers in the industrial centers, would have lost a large home market for their products.

Through the introduction from Java of hybrid sugar canes known as the P. O. J.'s (Proefstation Oost Java), the Louisiana sugar industry was saved from annihilation, and the production of sugar increased from 47,000 tons in 1926 to 199,000 in 1929.

Other hybrid canes were introduced from India, and were found more suitable for growing in Louisiana than were the P. O. J's; these sugar canes were known as Co. 281 and Co. 290, the initials Co. meaning that they were produced at the Coimbatore sugar cane breeding station in India. The latest commercial foreign introduction, N. Co. 310, was raised as a seedling in Natal, South Africa, from seed obtained from Coimbatore, India. It is rapidly becoming an important commercial variety.

A continuous varietal improvement program has been under way for many years. The United States Department of Agriculture, The Louisiana Sugar Experimental Station, and The American Sugar Cane League all cooperate closely together in the program. New sugar cane varieties are bred in the United States at Canal Point, Florida, by the U. S. D. A., and in recent years also at Baton Rouge, Louisiana, using the photoperiod system developed by the Botany Department of L. S. U., and at Grand Isle, Louisiana. Possible commercial varieties introduced from foreign countries are also tested and the most promising released for commercial cultivation. An extensive system of test fields and seed increase stations is in operation.

At the present time all of the commercial sugar cane varieties are Canal Point seedlings with the exceptions of Co. 290 and N. Co. 310.

LAND AND CLIMATIC NEEDS

Sugar cane by nature is a tropical plant and usually requires from 12 to 24 months to reach maturity. All varieties do not produce viable seed and some have been known to grow for years without ever producing seed. The sugar cane plant has gradually migrated to the sub-tropical regions of the U. S. A. and is grown for sugar making in the extreme southern part of the United States. For table syrup a limited quantity is grown as far north as a line drawn from southern North Carolina westward through southern Arkansas.

Sugar cane is a giant member of the grass family, and requires a fertile well drained soil and an abundant supply of moisture for successful growth. For this reason it is usually found growing in the bottom lands, or, under favorable soil conditions, in the hills.

Regardless of kind of soil, good drainage is necessary for successful sugar cane production.

CULTIVATION

The sugar cane plant produces true seed as does any other grass, but these seeds are never used for commercial planting. Since the discovery that sugar cane seed could be germinated, this fact has been taken advantage of by plant breeders to secure new and better varieties of sugar cane. Today the most important sugar cane varieties in the world are those which were secured from seeds.

Sugar cane is often known as "Ribbon Cane," and sometimes is confused with the "Texas Seeded Ribbon Cane", a sorghum cane and not a true sugar cane. The sorghum canes differ from the sugar canes in that they are grown commercially from seed, and on account of their difference in sugar content are not used for sugar making. The seed of the sorghum plant produces a like plant; the seed of the sugar cane does not produce a like plant, and this is the reason why sugar cane is grown commercially from the buds or cuttings, instead of from the true seeds. These cutting or whole stalks, which consist of a series of joints each with a bud, are planted in furrows, using from one to three continuous lines of stalks (cuttings) in each row. These stalks (cuttings) are known as "seed cane," in contrast to "cane seed."

The amount required to plant an acre varies with the diameter of the stalk and the number of continuous lines planted in a single furrow, usually requiring from one to four tons of "seed cane" per acre. After being placed in the furrows these stalks are covered with soil to a depth of not less than two inches nor more than eight inches and the soil in the bed is then packed around the seed cane by means of a roller. Depth of planting depends largely upon the time of the year when the planting is done. The deep planting is done for the purpose of protecting the seed cane against cold weather. The planting season runs from August through March. Whether the crop is planted in the fall, winter, or spring, it does not grow off until spring, and is harvested in the months of October, November and December. In the northern portion of the sugar cane growing area of the United States, planting is done in the fall, but the seed cane is preserved in mats or windrows protected against cold by covering with dirt until spring, when it is taken up and planted.

In Louisiana in particular, sugar cane is usually grown in a rotation in which the soil fertility is maintained through the plowing under of summer legumes, mainly soybean or cowpeas, preceding the planting of the seed cane. Winter legumes such as *Melilotus indica*, vetches, and Austrian winter peas are recommended for planting on top of the fall planted sugar cane rows for soil building purposes.

In the spring the first efforts must be directed toward aiding the sugar cane to germinate (send out shoots from each bud on the planted stalk of "seed cane"). This is done by removing a large part of the soil from the immediate vicinity of the planted seed cane, thereby allowing the heat from the sun to warm up the soil around the stalks. As soon as a sufficient number of buds on the planted seed cane have sent out shoots to provide a satisfactory stand of cane, the true cultivation of the crop begins. At this stage of cane development, we find a great difference between sugar cane and crops like corn, cotton, etc. Every sugar cane plant which comes from a planted bud forms a series of short joints beneath the ground surface, each of which has its own bud. Many of these buds germinate and produce shoots which are known as suckers.

An original plant with its suckers is known as a stool. The final stand of cane depends upon the number of buds that have germinated from the planted seed canes, together with the suckers produced from each original plant. Satisfactory yields depend largely upon a good crop of suckers. Some varieties are much slower to sucker than others, and such varieties must be encouraged to develop the sucker crop by keeping most of the soil away from around the original plants until the suckers have had an opportunity to develop.

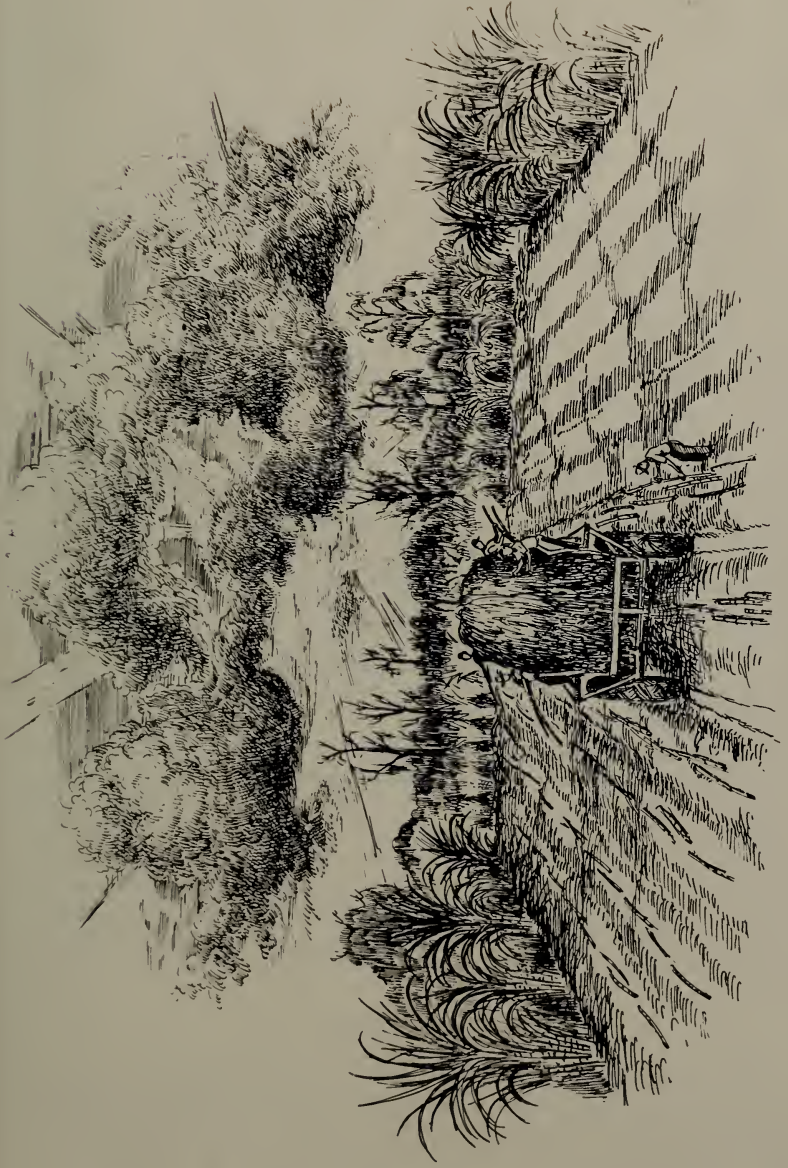
Up until the time when a satisfactory stand has been secured, cultivation consists in keeping the crop clean of grass and weeds. After this, cultivation consists in gradually building a row about the stools. At this point it is well to know that the sugar cane on most soils is largely a shallow rooted plant, and that its roots will not penetrate heavy, unbroken soil. The feeding area of its root system is largely dependent upon the providing, through early preparation, of a deep, well pulverized seed bed.

Cultivation should be done in such a manner as to provide this seed bed in advance of root development. As the roots develop, cultivation should be done in such a manner as not to prune them. It is a well known fact that sugar cane does not make its best growth until after cultivation has ceased. For this reason all plowing should be discontinued as soon as possible. A good rule to follow is to lay-by the cane just before the leaves begin to meet in the middles, rather than to wait until that time before giving cane its lay-by working.

In that portion of the United States where cane sugar is made and in some of the syrup producing areas, more than one crop of sugar cane is harvested from a single planting. The first crop is known as plant cane, and the cultivation of this crop has just been described. Succeeding crops follow the plant cane crop and are known as stubble or ratoon crops. The cultivation of these crops differ from that of the plant cane crop in the early cultural operations. You have been told how the young plants develop from the buds on the planted seed cane. The buds from which the stubble crops come are found on the short jointed below-ground portion of the sugar cane stalk, known as the rhizome or rootstock. In order to get these eyes to germinate it is necessary to first plow away a large portion of the cane row, leaving the stubbles in a narrow balk. After this is done the soil immediately around the rootstocks, or stubbles, is loosened up with a tool known as a stubble digger, or with a hoe. The eyes on the under-ground rootstock germinate in the same manner as do those on the planted seed cane, usually those deepest in the ground germinating first. After a sufficient stand has been secured, the cultivation of stubble cane is practically the same as the cultivation of plant cane.

HARVESTING

A large portion of the sugar cane crop grown for sugar making purposes is harvested by means of mechanical harvesters. The harvesters are of two types. One type of harvester cuts the stalks top and bottom and loads them directly into the tractor or mule drawn sugar cane wagons; the other type cuts the stalk top and bottom and piles them in heaps of several rows each, the shucks are burned from the piles of heaped sugar cane and then these are loaded by rapid mechanical loaders into the sugar cane wagons.



Planting Sugar Cane

Most sugar cane harvested for syrup is harvested in the same manner as explained in preceding paragraph, except for burning of the shucks. The cane with shucks or leaves is hauled to a cleaning plant where it is cut into 20 inch lengths then run through a separating plant that removes the trash and the cane is delivered to the syrup mill.

MANUFACTURE

Sugar cane is processed in two distinct types of plants, syrup and sugar factories, although sometimes both sugar and syrup are made in the same plant. In either case the juice is pressed out from the sugar cane stalks by passing them between heavy grooved iron rollers which vary in size, and from a combination of two rollers turned by horses to a combination of sixteen rollers turned by powerful engines.

Sugar cane syrup consists of evaporated sugar cane juice, from which impurities have been removed by skimming or filtering, and from which no sugar has been removed. If this same syrup is boiled until most of the water has been removed, the sugar crystallizes and a mixture of sugar and molasses is obtained which is known as a massecuite. When the massecuite is spun in a rapidly revolving machine fitted with screen walls, known as a centrifugal, most of the molasses is separated from the sugar, the molasses going through the screen, while the sugar is retained. This process, ordinarily known as drying of sugar, separates the concentrated syrup or massecuite into sugar and molasses. Several grades of sugar and molasses are made, depending upon the treatment of the juice before evaporation. Both the sugar and molasses may be turned out for direct consumption, or a "raw" sugar and "blackstrap" molasses may be produced. The raw sugar, usually called ninety-six-test sugar, is sent to refineries where it is further refined into granulated sugar and refiners' molasses.

BY-PRODUCTS

The first manufactured products secured from sugar cane are sugars, syrups, and edible molasses. By-products consist of final molasses usually known as "blackstrap"; fibre, contained in the stalk residue known as "bagasse"; filter press cake, which is the precipitated impurities removed from the sugar cane juice in the process of manufacturing; and bagasse ashes.



Cooking The Syrup In Open Kettles

Blackstrap molasses is used for several purposes. A great deal of it is used for the production of ethyl alcohol. A large amount goes into the manufacture of cattle feeds. A limited quantity is canned and sold for cooking purposes.

The cane fibre, which is found in the bagasse, is used for the manufacture of the building board known as "Celotex." Celotex has an extensive use as a finishing material, particularly where heat or cold is a problem, and to improve the acoustics in public auditoriums and halls. In recent years considerable of the bagasse pith has been utilized as cattle feed, and a limited quantity of the pith cells have gone into the manufacture of alpha cellulose. Dried bagasse fibre is also used for poultry litter and for mulching purposes. Paper is now also being commercially produced from bagasse.

Only a limited amount of bagasse can be disposed of for manufacturing purposes. The greater portion of it is used as a source of fuel for operating the sugar houses. The ash from this burned bagasse is high in potash, and during World War I considerable potash was recovered from bagasse ash. Today most of this ash is put back on the sugar cane fields for whatever fertilizer value it may have.

The filter press cake, which is recovered in the clarification of sugar cane juice, is rich in organic matter and in lime. It also contains some nitrogen, phosphoric acid and potash. This material has a fertilizer value equal to barnyard manure, and it is particularly valuable for renovating depleted soils.

Note: The historical facts in the early portion of this section of the book are taken largely from the works of:

Prinsen Geerlings, Dr. H. C.—The World's Cane Sugar Industry, Past and Present.

Deerr, Noel—Cane Sugar, 1921 Edition.

Browne, Dr. C. A.—The Development of the Sugar Industry (Reprint from the School of Mines Quarterly, Vol. XXXV, No. 3, April, 1914).

Stuhbs, Dr. W. C.—Origin and development of the Sugar Industry of Louisiana. (In The Louisiana Planter and Sugar Manufacturer, June 2, 1923).

WHY PURE RIBBON CANE SYRUP IS NECESSARY IN THE DIET

Sugar cane syrup is made by the evaporation of sugar cane juice. The juice is boiled down to a point where it contains from 65 to 67 per cent total sugars (cane sugar and invert sugar). While it is not quite as concentrated as syrup made from molasses it has more total sugars and the composition is the same, for it comes from the same raw product.

Cane juice from which syrup is made is composed of many valuable substances, such as ash, proteins, amino acids, and such minerals as magnesia, iron, and calcium.

Owing to its large sugar content, cane syrup is a great energy-producing food product. Because of its mineral content, it is a fine tonic for adults as well as children.

While syrup is marvelous on bread, hot cakes and waffles, it certainly shouldn't be restricted to mere sweetenin' uses, for its cooking possibilities are unlimited. Actually, syrup is a staple ingredient for every home larder that can be every bit as versatile as flour, salt or milk—and even more nourishing!

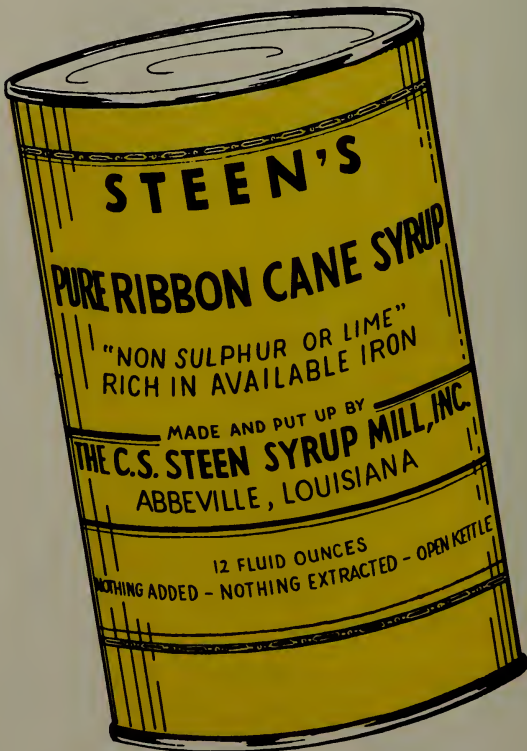
Most mothers are natural worriers about whether they are providing the proper diet for their offspring. Their worries could be put to rest, however, with a daily serving of pure ribbon cane syrup in some form. Here in South Louisiana "syrup sandwiches" are a popular snack, particularly for the children after school. In 'Cajun French sections, *cush-cush* (a favorite corn meal cereal dish) is usually always topped with plenty of good thick cane syrup. And, of course for countless healthy individuals, "syrup soppin'," is the only kind of dessert worth mentioning. This consists of pouring a goodly quantity of syrup into your plate after the meal is finished and sopping it up with hot, crusty French bread.

Since breakfast is the most important meal of the day, pure ribbon cane syrup—rich in iron and minerals—is the ideal accompaniment for the morning meal. Makes children more alert in school . . . adults industrious at work . . . for any age person, it's the perfect "starter". Make cane syrup a part of your table setting; it'll soon get to be your most pleasant and nutritious eating habit.

SYRUP QUIZ

Did You Know This About Steen's Pure Ribbon Cane Syrup?

	Carbo- hydrates %	Cal- cium %	Phos- phorous %	Iron %
* Cane Syrup	77.0	.07	.04	.007
** Enriched White Flour	74.0	.019	.093	.003
*** Corn, Whole Grain Yellow	76.0	.018	.276	.003
* Figures taken from U.S.D.A. Dept. Bulletin No. 1378 & Technical Bulletin No. 22 of the Mississippi Agricultural Experiment Station.				
** These figures taken from U.S.D.A. Miscellaneous Publication No. 572.				



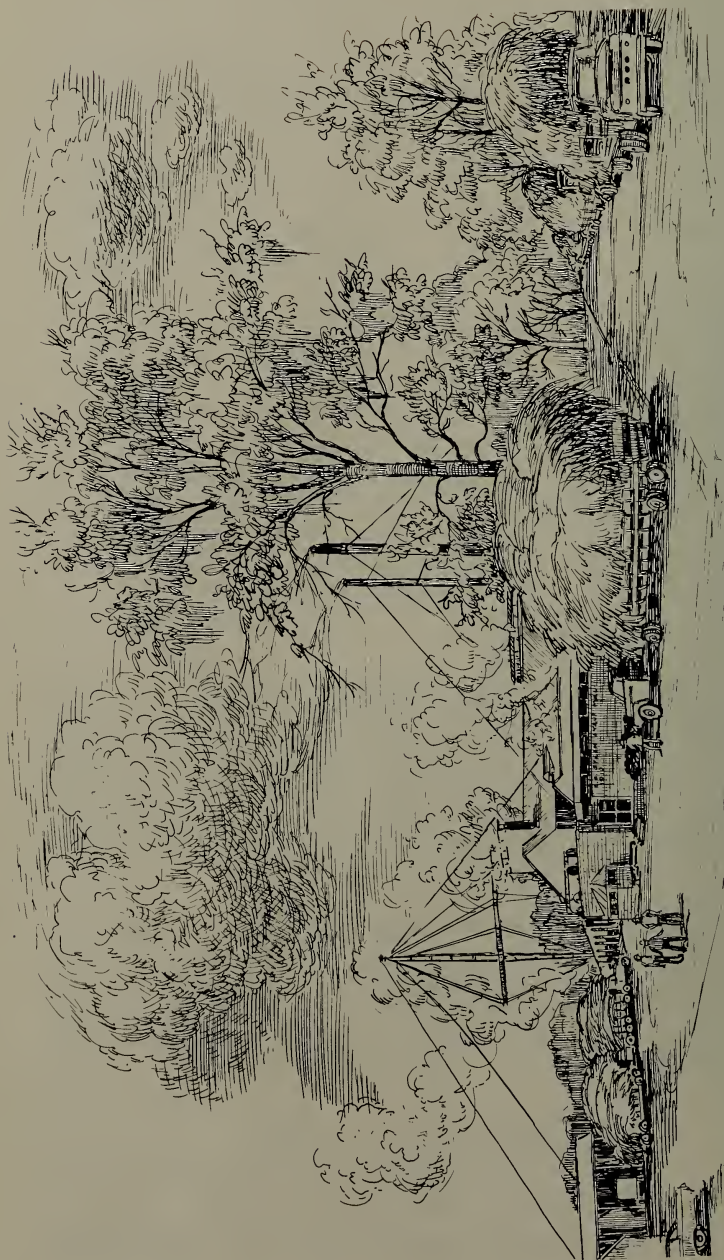
IS POPEYE CORRECT?
WOULDN'T IT BE BETTER TO EAT SYRUP?
HOW MUCH IRON HAVE YOU HAD TODAY?

	Total Iron Milligrams Per 100 Grams	Per Cent Availability	Available Iron Milligrams Per 100 Grams
Molasses "C"	11.3	54	6.1
Molasses "B"	6.0	85	5.1
Molasses "A"	3.2	97	3.1
Molasses	7.3	85	6.2
Beef Liver	8.2	70	5.6
Oatmeal	4.8	96	4.6
Apricots (dry)	4.1	98	4.0
Eggs	3.1	100	3.1
Wheat	5.0	47	2.4
Parsley	3.2	50	1.6
Cabbage	1.8	72	1.3
Mutton	5.1	24	1.2
*Spinach	2.6	20	0.5

* The American Journal of Digestive Diseases reprinted Publication No. 157 from the Biological Research Laboratory of the Massachusetts Institute of Technology at Cambridge. This was a report of study made by Robert S. Harris, Ph.D., L. Malcolm Mosher, S.B., and John W. M. Bunker, Ph.D., all of Cambridge, entitled "The Nutritional Availability of Iron in Molasses."

The contents of molasses and cane syrup are basically the same. They are both made from sugar cane. In processing molasses, most of the sugar is removed. In processing syrup, **nothing is removed**. You have all the food value with the other valuable minerals in Steen's Pure Ribbon Cane Syrup.

KNOWING THESE FACTS MAKES IT
IMPORTANT THAT YOU HAVE
STEEN'S PURE RIBBON CANE SYRUP IN YOUR DIET



*Trucks Waiting Their Turns To Unload
(as was the custom before the invention of the Cane Cleaning Plant)*

Recipes



My Own Notes

Appetizers

APPETIZER MEAT BALLS

- | | |
|--|-------------------------------------|
| $\frac{1}{2}$ cup soft bread crumbs | 1 tablespoon finely chopped parsley |
| $\frac{1}{4}$ cup milk | 2 tablespoons butter or margarine |
| 1 pound ground beef | $\frac{1}{4}$ cup Steen's Syrup |
| $\frac{1}{4}$ teaspoon pepper | $\frac{1}{4}$ cup prepared mustard |
| 1 teaspoon salt | $\frac{1}{4}$ cup catchup |
| 1 tablespoon finely chopped onion tops | |

Mash bread crumbs with milk; add meat. Sprinkle with pepper, salt and add onion. Toss lightly until ingredients are combined; form into $\frac{3}{4}$ -inch balls. Brown in butter in skillet. Combine remaining ingredients; blend until smooth. Add to meat balls. Simmer 8 to 10 minutes, stirring occasionally, until sauce thickens and meat balls are glazed. Use toothpicks and serve from chafing dish as hot hors d'oeuvre. YIELD: 50 meat balls.

CANE CRUSHER SPARERIBS

Cut into small pieces for out-of-hand eating

- | | |
|--------------------------------|------------------------------------|
| 3 pounds spareribs | 3 tablespoons lemon juice |
| 1 teaspoon Ac'cent | 3 tablespoons soy sauce |
| 4 tablespoons Steen's Syrup | 2 tablespoons Worcestershire sauce |
| 4 tablespoons prepared mustard | $\frac{1}{4}$ teaspoon cayenne |

Have the sparerib rack cut into 3 lengthwise strips. Cut strips into individual ribs for out-of-hand eating. Place in shallow baking pan; sprinkle with Ac'cent. Blend together Steen's Syrup and prepared mustard; stir in remaining ingredients. Mix well. Brush spareribs with part of the sauce. Bake in a moderate oven (350°F.) $1\frac{1}{2}$ hours, brushing frequently with remaining sauce. Drain on absorbent paper. To serve, turn into chafing dish. YIELD: 24 servings.

Note: If desired, spareribs may be made in advance and frozen. Bake in slow oven (300°F.) until hot, about 1 hour.

Breads

GRANDMA LIL'S GINGERBREAD—BASIC RECIPE

$\frac{1}{2}$ cup shortening	1 teaspoon salt
$\frac{1}{2}$ cup sugar	2 teaspoons baking powder
1 cup Steen's Syrup	$\frac{1}{2}$ teaspoon baking soda
2 eggs	1 teaspoon ginger
$2\frac{1}{2}$ cups sifted all-purpose flour	1 teaspoon cinnamon
	1 cup hot water

Cream shortening. Gradually add sugar and cream mixture until fluffy. Blend in Steen's Syrup. Beat in eggs, one at a time. Sift together flour, salt, baking powder, baking soda and spices. Add to creamed mixture alternately with hot water. Turn into a greased and wax-paper-lined 9-inch square pan. Bake in a moderate oven (350° F.) 40 minutes. Cool.

YIELD: 12 servings.

Buttermilk variation: Substitute 1 cup buttermilk for 1 cup hot water. Omit baking powder and increase baking soda to $1\frac{1}{2}$ teaspoons.

Other variations: Add 1 cup chopped pecans, or add 1 package 16 oz. mixed candied fruit or add both.

GINGERBREAD UPSIDE DOWN CAKE

Cut basic recipe in half. Arrange 6 halved pineapple slices around edge of a 9-inch round cake pan, 2 inches deep. Place whole pineapple slice in middle; place cherries in center of pieces. Pour in $\frac{1}{2}$ cup Steen's Syrup; sprinkle with $\frac{1}{4}$ cup sugar and dot with 1 tablespoon butter. Turn batter into prepared pan. Bake in a moderate oven (350° F.) 40 minutes. Invert immediately on serving plate.

YIELD 6 large servings.

GINGERBREAD CUPCAKES, MUFFINS, GEMS

Cut basic recipe in half. For cupcakes, place paper baking cups in fifteen $2\frac{3}{4}$ -inch muffin pans. Fill each cup $\frac{2}{3}$ full with batter. Bake in moderate oven (350°F.) 25 to 30 minutes. For muffins or gems, fill greased and lightly floured 2 inch shallow muffin or gem pans $\frac{1}{3}$ full. Bake in a moderate oven (350° F.) 12 to 15 minutes.

STEEN'S SYRUP YEAST BREAD—BASIC RECIPE

Syrup Yeast Bread dough provides the basis for delicious Hot Cross Buns—and the best Steen's Taffy Cinnamon Rolls ever.

$\frac{2}{3}$ cup milk	$\frac{2}{3}$ cup luke warm water
1 $\frac{1}{4}$ teaspoon salt	2 tablespoons sugar
6 tablespoons shortening	3 eggs, beaten
$\frac{1}{2}$ cup Steen's Syrup	6 cups sifted all-
2 packages active dry yeast	purpose flour, divided

Scald milk; pour into large mixing bowl. Add salt and shortening; stir until shortening is melted. Add syrup; stir to blend. Sprinkle yeast in lukewarm water. Add sugar; let stand 5 minutes. Stir; add to syrup-milk mixture. Add beaten eggs; mix well. Stir in 3 cups of the flour; beat until smooth. Stir in 2 to 2 $\frac{1}{2}$ cups remaining flour to make a smooth dough. Sprinkle remaining flour on board; knead dough gently until smooth and elastic. Place in oiled bowl; turn once to bring greased side up. Cover and let rise in a warm place (80° to 85° F.) until double in bulk, about 1 $\frac{1}{2}$ hours. Divide dough in half, using one-half for Hot Cross Buns and remaining half for Steen's Taffy Cinnamon Rolls; or use all the basic recipe for either. Better yet roll dough about $\frac{1}{2}$ inch thick. Cut out with biscuit cutter—place in 2 inch deep pans. Let rise about 1 $\frac{1}{2}$ hours or until double in bulk. Bake in moderate oven (375° F.) 25 minutes. Break open—butter well—then drown with Steen's Syrup. Have plenty of cold milk handy!

HOT CROSS BUNS

Roll $\frac{1}{2}$ Steen's Syrup Yeast Breads basic recipe dough about $\frac{1}{2}$ inch thick. Cut with 2-inch round cutter into 24 rounds. Place rounds in 2 greased 8-inch round pans 2 inches deep. Let dough rise about 1 $\frac{1}{2}$ hours, or until double in bulk. Bake in a moderate oven (375° F.) 25 minutes. Mix together $\frac{1}{2}$ cup confectioners' sugar and 2 to 3 teaspoons water. While buns are warm, form crosses on each with the glaze.

YIELD: 2 dozen buns.

STEEN'S TAFFY CINNAMON ROLLS

3 tablespoons butter or
margarine divided
 $\frac{2}{3}$ cup sugar, divided

2 tablespoons Steen's Syrup
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ cup raisins

Melt butter in a 9-inch square pan. Roll out remaining half dough from Steen's Syrup Yeast Breads basic recipe into a rectangle approximately 11 x 16 inches. Brush top of dough with 1 tablespoon of the melted butter. To the butter remaining in the pan, add $\frac{1}{3}$ cup sugar and syrup. Mix together remaining $\frac{1}{3}$ cup sugar, cinnamon and raisins; sprinkle over dough. Roll up the dough as for jelly roll, rolling the long way. Cut into 16 slices. Place cut side down in prepared pan. Let the dough rise for about $1\frac{1}{2}$ hours, or until double in bulk. Bake in a moderate oven (375° F.) 25 minutes.

YIELD: 16 rolls.

STEEN'S CANE CUTTERS PANCAKES

A real breakfast treat!

$1\frac{1}{4}$ cup sifted all-purpose
flour
 $2\frac{1}{2}$ teaspoon baking powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ cup Steen's Syrup

$\frac{3}{4}$ cup milk
1 egg, slightly beaten
3 tablespoons butter
or
margarine, melted

Sift together flour, baking powder and salt. Combine Syrup and milk. Add to slightly beaten egg; stir in melted butter. Slowly add to flour mixture, stirring only until blended. Bake on a hot griddle, using $\frac{1}{4}$ cup batter for each pancake. Serve with butter and Steen's Syrup.

YIELD: 12 pancakes.

Note: To make Syrup Pancakes or Syrup biscuits from packaged mixes, follow directions on box and add 1 tablespoon Steen's Syrup to liquid for each cup of mix.

STEEN'S ORANGE BREAD

$\frac{1}{2}$ cup sugar	$\frac{2}{3}$ cup milk
$2\frac{2}{3}$ cups sifted all-purpose flour	1 tablespoon grated orange rind (optional)
$\frac{1}{2}$ teaspoon baking soda	$\frac{1}{2}$ cup orange juice
2 teaspoon baking powder	2 tablespoons salad oil
$1\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup Steen's Syrup
1 cup coarsely chopped nuts or raisins	

Sift together sugar, flour, baking soda, baking powder and salt; add nuts. Combine milk, orange rind, orange juice, salad oil and Steen's Syrup. Add to flour mixture all at once; stir just enough to blend. Turn into well-greased loaf pan, 9 x 5 x $2\frac{3}{4}$ inches. Bake in a slow oven (325° F.) $1\frac{1}{4}$ hours. Cool before removing from pan.

YIELD: 1 loaf.

SPICY SYRUP DROP DOUGHNUTS

Just the right pick-up with a cup of hot coffee!

2 cups sifted all-purpose flour	1 teaspoon ginger
2 teaspoons baking powder	$\frac{1}{2}$ teaspoon ground cloves
$\frac{1}{2}$ teaspoon baking soda	1 egg
1 teaspoon salt	$\frac{2}{3}$ cup milk
1 teaspoon cinnamon	$\frac{1}{4}$ cup salad oil
	$\frac{1}{3}$ cup Steen's Syrup

Sift dry ingredients together. Add egg, milk, salad oil and syrup; mix well. Pour salad oil 2 inches deep in skillet. Heat to 365° F. Drop in batter by teaspoonfuls; fry 2 minutes, turning once. Drain on absorbent paper. Roll in granulated sugar or cinnamon-sugar mixture, or sprinkle with confectioners' sugar.

YIELD: Approximately 3 dozen doughnuts.

CORA'S FRENCH TOAST

2 eggs	2 tablespoons Steen's Syrup
½ cup milk	6 slices bread
⅛ teaspoon salt	Butter or Margarine
¼ teaspoon cinnamon	

Beat eggs slightly. Add milk, salt, cinnamon and Steen's Syrup, and beat thoroughly. Dip bread in mixture and brown on both sides in small amount of butter or margarine. Serve hot.

CANE BRAKE WAFFLES

½ cup Steen's Syrup	2 egg yolks
2 cups flour	1 ¼ cups milk
3 teaspoon baking powder	6 tablespooons melted
½ teaspoon salt	shortening or
2 egg whites	salad oil

Sift together flour, baking powder, and salt. Separate eggs and beat yolks; add milk and syrup to beaten egg yolks; stir in melted shortening or salad oil. Stir this mixture gradually into dry ingredients and mix well. Beat egg whites. Fold into batter. Bake in hot waffle iron until golden brown.

My Own Notes

Cakes

GRANDMA'S DARK FRUITCAKE

If it's Fruit cake you plan to make,
Add Steen's Syrup for a real "cool" cake!

1 cup Steen's Syrup	2¼ cups sifted all-purpose flour
½ cup water	¼ teaspoon baking soda
2 packages (15 ounces each) raisins	1½ teaspoons cinnamon
2 jars (1 pound each) mixed candied fruit	1¼ teaspoons nutmeg
1 cup butter or margarine	¾ teaspoon allspice
1¼ cups sugar	½ teaspoon ground cloves
6 eggs	½ cup orange juice or brandy
3 cups coarsely chopped nuts	

Blend together Steen's Syrup and water in a large, deep sauce pan. Place over low heat, stirring constantly, until mixture comes to a boil. Add raisins, bring to a boil again. Reduce heat, and simmer 5 minutes. Remove from heat; stir in candied fruit. Reserve. Cream together butter and sugar. Blend in eggs, one at a time. Sift together flour, baking soda and spices. Add to butter mixture alternately with orange juice. Stir in Steen's Syrup-fruit mixture. Stir in nuts. turn into a wax-paper-lined 10-inch tube pan or 2 wax-paper-lined 9 x 5 x 2¾ inch loaf pans. Bake in a slow oven (325° F.) 1½ hours. Cool.

YIELD: One 7-pound or two 3½-pound fruitcakes.

STEEN'S FRUITCAKE BONBONS

To make fruitcake bonbons, take half of the above fruitcake mixture. Place paper baking cups in 1¾-inch cupcake pans. Spoon in fruitcake mixture. Bake in slow oven (325° F.) 25 minutes. Cool before storing.

YIELD: 5 dozen bonbons.

OLD MOM'S FRUIT CAKE

2 cups sugar)	cream	2 cups raisins	} Grind
1 cup butter)	together	2 teaspoons soda	
1 cup buttermilk		2 teaspoons cinnamon	
1 cup Steen's Syrup		2 teaspoons cloves	
3 eggs		2 teaspoons allspice	
5 cups flour		1 teaspoon nutmeg	}
2 cups chopped candied pineapple		2 cups chopped candied citron	
2 cups chopped candied dates		2 cups chopped candied cherries	
2 cups chopped pecans		2 cups chopped or shredded coconut	
2 cups chopped candied figs			

To creamed sugar and butter add Steen's Syrup and buttermilk; add eggs one at a time beating after each addition; add spices; $\frac{1}{2}$ of flour and soda; mix thoroughly; to the chopped nuts and candied fruit add remaining flour and mix until well coated—add to first mixture and mix until you can't see any dry flour—pour in well greased and paper lined pans; bake 3 hours over a pan of water at a low temperature—250° or 300°.

FRUIT CAKE (Using La Cuite)

(Guaranteed to be moist)

$\frac{1}{2}$ cup salad oil	$\frac{1}{2}$ teaspoon cloves
$\frac{3}{4}$ cup Steen's La Cuite	$\frac{1}{2}$ cup fruit juice (apple, pineapple or orange)
2 eggs	1 lb. (2 cups) candied fruit and peels
$1\frac{1}{2}$ cups sifted all-purpose flour	1 box dates(chopped)
$\frac{1}{2}$ teaspoon baking powder	1 box candied pineapple (chopped)
1 teaspoon salt	$\frac{1}{2}$ cup Muscat raisins
1 teaspoon cinnamon	
1 teaspoon allspice	
2 $\frac{1}{2}$ cups chopped nuts	

Combine oil, Steen's La Cuite and eggs and beat for 2 minutes. Sift together one cup of the flour with baking powder, salt and spices and stir into oil mixture with fruit juice. Mix remaining flour with fruit and nuts. Combine with batter and mix thoroughly. Pour batter into loaf pan lined with wax paper. Use 8 x 4 $\frac{1}{2}$ x 2-inch loaf pan or tubular pan. Bake at 275° F. for 2 $\frac{1}{2}$ to 3 hours. When cool, the cake may be decorated with candied fruit (cherries, pineapple etc.).

GATEAU de SIROP

(Syrup Cake) or Masse Pain (as it is often called)

Note: This cake contains no sugar

$\frac{1}{2}$ cup Vegetable Oil	1 teaspoon ginger
$1\frac{1}{2}$ cups Steen's Syrup	$\frac{1}{2}$ teaspoon cloves
1 egg, beaten	$\frac{1}{2}$ teaspoon salt
$2\frac{1}{2}$ cups sifted flour	$1\frac{1}{2}$ teaspoons soda
1 teaspoon cinnamon	$\frac{3}{4}$ cup hot water

Heat oven to 350°. Grease and flour a 9-inch square pan; a $13\frac{1}{2}$ x $8\frac{1}{2}$ -inch pan; or muffin pan/s.

Combine oil, syrup, and beaten egg. Stir until well blended. Mix and resift dry ingredients except soda. Add dry ingredients to the oil, syrup, and egg mixture alternately with the hot water in which the soda has been dissolved. Begin and end with flour mixture.

Pour into prepared pan. Bake 45 minutes.

Variations: Chopped pecans or raisins may be added to the above mixture.

FRUITCAKE COOKIES

1 cup brown sugar	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{4}$ cup wine	$\frac{1}{2}$ teaspoon cinnamon
3 eggs	1 pound pecans, cut fine
2 cups flour, heaping	$\frac{3}{4}$ pound raisins
$\frac{1}{2}$ pound mixed cherries, citron, and pineapple	2 teaspoons soda
$\frac{1}{2}$ teaspoon allspice	$1\frac{1}{2}$ tablespoons milk
	3 tablespoons Steen's Syrup

Cream butter and sugar; add wine and eggs. Add gradually one half of the flour. Use rest of flour on fruit mixture. Add the spices. Mix all together; add soda dissolved in milk, add Steen's Syrup and mix. Drop from spoon onto greased cookie sheet. Put pan of water under cookies and bake 15 to 20 minutes at 325° F.

YIELD: 7-8 dozen.

THE SYRUP COOKER CAKE

(With Chocolate)

2 $\frac{1}{3}$ cups sifted all-purpose flour	$\frac{1}{2}$ cup shortening
1 $\frac{1}{2}$ teaspoons baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon baking soda	2 eggs
$\frac{1}{2}$ teaspoon salt	1 cup Steen's Syrup
$\frac{1}{2}$ teaspoon cinnamon	1 square (1 ounce)
$\frac{1}{2}$ cup sugar	unsweetened chocolate
	melted & slightly cooled

Sift together, flour, baking powder, baking soda, salt, cinnamon and sugar into large bowl of electric mixer. Add shortening and milk; mix until blended. Add eggs, syrup and melted chocolate. Beat 2 minutes longer on low speed. Pour batter into well-greased 9 x 13 inch baking pan. Bake in a moderate oven (350° F.) about 35 minutes. Cut into squares and serve with Taffy Topping*.

*TAFFY TOPPING

2 egg whites	2 tablespoons Steen's Syrup
$\frac{1}{4}$ cup water	$\frac{1}{8}$ teaspoon salt
1 cup sugar	$\frac{1}{2}$ teaspoon vanilla

Combine egg whites, water, sugar, syrup and salt in top of double boiler. Beat over rapidly boiling water with rotary or electric beater until frosting stands in peaks. Remove from heat; add vanilla. Use as topping for cake.

YIELD: 1 quart or 24 servings.

STEEN'S APPLESAUCE CAKE

½ cup shortening	1 teaspoon salt
½ cup sugar	1 teaspoon baking powder
2 eggs	¾ teaspoon baking soda
1 cup Steen's Syrup	1 teaspoon cinnamon
1 cup applesauce	1 teaspoon nutmeg
2 cups sifted all-purpose flour	

Cream together shortening and sugar until light and fluffy; blend in eggs. Add Steen's Syrup and applesauce; mix well. Sift together flour, salt, baking powder, baking soda and spices; stir into syrup mixture. Turn into greased and flour-ed 9 x 13-inch baking pan. Bake in moderate oven (350° F.) 30 minutes. Cut into squares. Serve warm or cold with additional applesauce.

YIELD: About 24 servings (small) or 15 generous pieces.

GRANDMA'S SYRUP CAKE

1 cup Steen's Syrup	1 egg
2 tablespoons sugar	1 teaspoon baking powder
2 teaspoon vanilla	¼ teaspoon baking soda
⅓ cup salad oil	½ cup milk
1½ cups flour, measured after sifting	

Combine all dry ingredients except sugar. Beat egg and sugar until creamy. Add syrup, mix well, add oil, mix. Add dry ingredients, beat 100 strokes or 3 minutes with mixer at moderate speed; add milk and vanilla. Mix. Do not over beat. Pour in pan or layers. Cook at 375° F.

My Own Notes



Candies

STEEN'S PULL CANDY

Here's that "Pull Candy" recipe so many of you kids, young and old, have been looking for. Furnishes party entertainment as well as refreshment.

1 cup Steen's Syrup

1 cup sugar

1 tablespoon butter or margarine

Combine all ingredients in a 2-quart saucepan. Place over low heat and stir until sugar is dissolved. Cook over medium heat until syrup reaches 272° F. on a candy thermometer, or when small amount syrup dropped in cold water separates into threads which are hard but not brittle. Pour onto greased platter. As edges cool, fold toward center or they will harden before center is ready to pull. When candy is cool enough to handle, press into ball with lightly buttered fingers. Pull until candy is light in color and ready to harden. Stretch into long rope $\frac{1}{2}$ inch wide. Cut into 1-inch pieces. Wrap each piece of taffy in wax paper.

YIELD: 1 $\frac{1}{4}$ pounds candy.

STEEN'S PEANUT BRITTLE

1 cup Steen's Syrup

$\frac{1}{4}$ teaspoon baking soda

1 cup sugar

2 cups chopped peanuts

**1 tablespoon butter or
margarine**

Combine syrup, sugar and butter in a 2-quart saucepan. Place over low heat; stir until sugar is dissolved. Cook over medium heat until syrup reaches 270° F. on a candy thermometer, or when small amount syrup dropped in very cold water separates into threads which are hard but not brittle. Remove from heat, stir in baking soda and nuts. Turn into greased 8-inch square pan; spread quickly. When slightly cool, cut into squares.

YIELD: 1 $\frac{3}{4}$ pounds candy.

STEEN'S PEANUT BUTTER LOGS

1/3 cups Steen's Syrup 1/3 cup peanut butter
1/2 cup instant nonfat dry milk

Mix together syrup and peanut butter. Gradually work in nonfat dry milk; knead lightly. Sprinkle with a small amount of additional nonfat dry milk. Roll into a long rope $\frac{3}{4}$ -inch in diameter. Cut with scissors into 1-inch pieces. If desired, wrap pieces in wax paper or transparent plastic wrap.

YIELD: $\frac{3}{4}$ pound candy.

STEEN'S POPCORN BALLS

2 cups Steen's Syrup **1 tablespoon butter or
margarine**

¼ teaspoon salt

2 quarts popped corn

Boil Steen's Syrup and salt over a low fire, stirring constantly. When few drops tested in cold water becomes brittle, add butter. Pour over the popped corn, mix and shape into large balls.

Variation: Add salted cocktail peanuts to popcorn before adding syrup, then add syrup and make balls.

CRACKER JACK POPCORN

**1 Popper full of popcorn or 5 cups 1 cup of Steen's Syrup
Salted Cocktail peanuts**

Boil syrup until hard ball stage, pour over popped corn and mix thoroughly; stir until all of the popcorn is coated. Add salted cocktail peanuts to popcorn before adding syrup for a variety. Double the recipe if the children are around 'cause Steen's Syrup is the best.

STEEN'S SEA FOAM CANDY

Sea Foam, as its name implies, has a pleasantly light texture.

2 cups sugar
½ cup Steen's Syrup
½ cup water

2 egg whites
1 teaspoon vanilla
1 cup chopped nuts

Combine sugar, syrup and water in 3-quart saucepan. Place over medium heat. Stir until sugar is dissolved; boil without stirring until temperature on candy thermometer reaches 250° F., or when small amount of syrup dropped in cold water forms a hard ball. Remove from heat. Beat egg whites until stiff; add syrup in a steady stream, beating constantly. When mixture is stiff, fold in vanilla and nuts. Drop by tablespoonfuls onto wax paper.

YIELD: 1 pound candy.

Cookies

AUNT WINNIE'S SYRUP COOKIES

1½ cups sugar	1½ teaspoons allspice
1 cup butter	1 teaspoon cloves
5 eggs	5½ cups flour
1 cup sweet milk	1¾ cups raisins
2 cups Steen's Syrup	1 cup chopped pecans
1 level teaspoon soda	
} mix together	

Cream sugar and butter together; add eggs; one at a time. Alternate flour and spices, with milk. Add syrup that has been beaten with soda until golden, then raisins and nuts last. Drop by spoonfuls on cookie sheet. Bake 375° oven for 10 minutes, or golden brown. Use Steen's Syrup for best results.

STEEN'S CANE DERRICK LOGS

2½ cups sifted flour	¾ cup butter
½ cup confectioners sugar	½ cup Steen's Syrup
¼ teaspoon salt	2 teaspoons vanilla
1½ cups chopped nuts	

Blend flour, sugar and salt. Cut in butter. Stir in syrup and vanilla until dough is smooth. Chill dough for at least 1 hour. Break off small lumps of dough and shape into "logs" about 3 inches long. Roll in chopped nuts and arrange on ungreased cookie sheet. Bake at 325 degrees for 15 minutes. YIELD: 3 dozen 3½-inch logs. (Wonderful! Serve with hot tea!)

SYRUP LOADED HERMITS

You too will want to wander off like a Hermit, with the cookie jar, and eat all these by yourself!

½ cup butter or margarine	2 teaspoons baking powder
½ cup sugar	1 teaspoon cinnamon
½ cup Steen's Syrup	½ teaspoon ground cloves
2 eggs	¼ teaspoon mace
2 cups sifted all-purpose flour	¼ teaspoon nutmeg
½ teaspoon salt	⅛ teaspoon allspice
¼ teaspoon baking soda	¾ cup raisins
	½ cup chopped nuts

Cream together butter and sugar until light and fluffy. Add syrup and eggs; beat well. Sift together flour, salt, baking soda, baking powder and spices; stir in raisins and nuts. Add to syrup mixture; blend well. Spread evenly in greased 12 x 8 x 2-inch baking pan. Bake in a moderate oven (350°F.) 30 minutes. Cool; cut into squares.

YIELD: 2 dozen Hermits.

LEBKUCHEN-GERMAN SPICE COOKIES

2¾ cups sifted all-purpose flour	¾ cup sugar
½ teaspoon baking soda	1 egg
½ teaspoon salt	1 teaspoon lemon rind
½ teaspoon ground cloves	½ cup chopped nuts
1 teaspoon cinnamon	½ cup diced candied fruit
1 cup Steen's Syrup	1 cup sifted confectioners' sugar
4 teaspoons water	

Sift together flour, baking soda, salt and spices. Heat syrup to boiling point in saucepan large enough for mixing cookies. Add sugar; cool. Beat in egg; add lemon rind. Gradually stir in flour mixture, nuts and fruit; chill several hours or overnight. Divide dough in half; place each half on a 15 x 12-inch greased baking sheet. Place wax paper over top and roll each into a rectangle 9 x 10 inches. Remove wax paper. Bake in a moderately hot oven (400° F.) 12 to 15 minutes. Blend together confectioners' sugar and water; brush over cookies while warm. Cool; cut into 2 x 3-inch bars. Store in tightly covered container.

YIELD: 2½ dozen bars.

GINGERCRISPS

Resemble the old time Gingersnap cookie—the ones in the big square can on the rack of assorted cookies in the old "General Merchandise Staple and Fancy Groceries" store.

¾ cup shortening	1½ teaspoons baking soda
¾ cup sugar	1 teaspoon cinnamon
½ cup Steen's Syrup	½ teaspoon ginger
1 egg	¼ teaspoon salt
2¼ cups sifted all-purpose flour	½ teaspoon ground cloves

Cream together shortening and sugar until light and fluffy. Add syrup and egg; mix well. Sift in remaining ingredients; mix thoroughly. Place in freezer 1 hour or chill in refrigerator 2 hours. Form into approximately 1-inch balls; roll in granulated sugar. Bake on greased baking sheets in a moderate oven (375° F.) 10 to 12 minutes.

YIELD: Approximately 4 dozen cookies.

MORAVIAN CHRISTMAS COOKIES

4 cups regular all-purpose flour	¼ teaspoon ground ginger
¼ teaspoon baking soda	1 cup packed light brown sugar
¼ teaspoon salt	½ cup butter or margarine
1 teaspoon ground cinnamon	½ cup lard
½ teaspoon ground cloves	1 ½ cups Steen's Syrup
	½ teaspoon cider vinegar

1. Blend the first six ingredients in a large bowl. Mix in sugar.
2. Cut in butter or margarine and lard. Add syrup and vinegar gradually, mixing thoroughly. Chill dough thoroughly.
3. Using a small amount of dough at a time, roll out about ⅛ in. thick on a lightly floured surface. Cut with fancy cookie cutters. Transfer to greased cookie sheets.
4. Bake at 350° F. 8 to 10 minutes. Remove to wire racks to cool.

YIELD: About 6 doz. cookies.

BERNARD'S SUGAR CANE CART WHEELS

1 cup shortening	1 teaspoon salt
¾ cup sugar	½ teaspoon baking soda
1 egg	¾ teaspoon ginger
½ cup Steen's Syrup	½ teaspoon cinnamon
2 ¼ cups sifted all-purpose flour	

Cream shortening and sugar until light and fluffy. Blend in egg and syrup. Sift in flour, salt, baking soda and spices; mix well. Chill in refrigerator 1 hour. Roll out dough ⅛ inch thick on lightly floured board or pastry cloth, keeping remaining dough chilled. Cut with 3-inch cookie cutter. Bake on ungreased baking sheets in a moderate oven (375° F.) 10 minutes.

YIELD: 3 dozen cookies.

AUNT LUCY'S LUNCH BOX COOKIES

1 cup Steen's Syrup	1 ³ / ₄ teaspoon baking powder
¹ / ₂ cup shortening	1 teaspoon salt
1 teaspoon baking soda	1 teaspoon ginger
2 ¹ / ₄ cups sifted all-purpose flour	¹ / ₂ teaspoon ground cloves
	¹ / ₂ teaspoon cinnamon
	¹ / ₂ teaspoon nutmeg

Heat syrup to boiling point in saucepan large enough for mixing cookies. Remove from heat; stir in shortening and baking soda. Sift together flour, baking powder, salt and spices; add to syrup mixture. Chill 8 hours or overnight. Roll out dough 1/16 inch thick on lightly floured board or pastry cloth. Cut with cookie cutters. Place on a lightly greased baking sheet and bake in a moderate oven (350° F.) 5 to 7 minutes.

YIELD: 6 ¹/₂ dozen cookies.

OLD-FASHIONED SOFT SYRUP COOKIES

¹ / ₂ cup shortening	2 teaspoons baking soda
¹ / ₂ cup sugar	1 teaspoon ginger
1 egg, unbeaten	1 teaspoon cinnamon
¹ / ₂ cup Steen's Syrup	¹ / ₄ teaspoon salt
2 ¹ / ₄ cups sifted all-purpose flour	¹ / ₂ cup water

Cream shortening and sugar until light and fluffy. Add egg and syrup; mix well. Sift together flour, baking soda, ginger, cinnamon and salt. Add dry ingredients alternately with water. Drop by heaping teaspoonfuls on ungreased baking sheet. Bake in a moderate oven (375° F.) 8 to 10 minutes. Store in tightly covered container.

YIELD: 2 dozen cookies.

CHEWEY SOFT STEEN'S COOKIES

¹ / ₂ cup soft shortening	2 cups flour
¹ / ₂ cup brown sugar (packed)	1 teaspoon soda
1 egg unbeaten	1 ¹ / ₂ teaspoons ginger
¹ / ₃ cup Steen's Syrup	¹ / ₂ teaspoon cinnamon
¹ / ₃ cup buttermilk	¹ / ₂ teaspoon cloves

Mix sugar and butter or shortening until creamed. Add all Steen's Syrup and egg; then add all dry ingredients and mix thoroughly. Drop cookie dough by teaspoonfuls on a slightly greased sheet. They are very good and chewey.

SOUTHERN BOY OAT CRISPS

1 cup sugar	$\frac{1}{2}$ teaspoon salt
1 cup Steen's Syrup	$1\frac{1}{2}$ teaspoon vanilla
1 cup salad oil	2 eggs
4 cups quick rolled oats	

In mixing bowl put all ingredients except oats; beat until blended. Stir in rolled oats. Let stand 8 hours or overnight. Place sheet of foil on baking sheet; grease. Drop by level tablespoonfuls; flatten with spoon. Bake in a moderate oven (350° F.) 10 to 12 minutes until golden brown. When cookies are cold they may be easily peeled off foil. Cookie mixture may be kept in refrigerator and baked as needed.

YIELD: 4 dozen 3-inch cookies.

DEEP SOUTH PEANUT BUTTER COOKIES

You use only one mixing bowl, one cup and 2 spoons to mix these!

$\frac{3}{4}$ cup shortening	1 egg
$\frac{1}{2}$ cup sugar	2 cups sifted all-purpose flour
$\frac{1}{2}$ cup Steen's Syrup	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup peanut butter	$\frac{1}{4}$ teaspoon baking soda
2 teaspoons baking powder	

Cream together shortening and sugar until light and fluffy. Add syrup, peanut butter and egg; blend well. Sift together flour, salt, baking soda and baking powder. Stir into syrup mixture. Drop by tablespoonfuls onto ungreased baking sheet. Bake in moderate oven (375° F.) 10 to 12 minutes.

YIELD: Approximately 2 dozen cookies.

LAGNIAPPE COOKIES

'Cause they are extra big!

½ cup shortening	½ teaspoon salt
1 cup sugar	1 teaspoon baking soda
½ cup water	1½ teaspoon ginger
1 cup Steen's Syrup	½ teaspoon ground cloves
3½ cups sifted all-purpose flour	¼ teaspoon allspice

Cream together shortening and sugar until light and fluffy. Combine water and syrup. Sift together flour, salt, baking soda and spices. Add alternately to creamed mixture with water and syrup, blending well after each addition. Chill in bowl in refrigerator overnight. Roll out dough ¼-inch thick on lightly floured board or pastry cloth. Cut into rounds with a 4 inch cookie cutter. Place 4 at a time on greased baking sheets. Bake in a moderate oven (350° F.) 10 to 12 minutes. To store, place in tightly covered container.

YIELD: 1½ dozen cookies. Bake 'em big. Don't walk yourself to death going back to the cookie jar!)

STEEN'S GINGERBREAD BOYS CUTOUT COOKIES

½ cup shortening	½ teaspoon salt
½ cup sugar	½ teaspoon baking soda
½ cup Steen's Syrup	1 teaspoon baking powder
1 egg, separated	1 teaspoon ground cloves
2 cups sifted all-purpose flour	1 teaspoon ginger
	1½ teaspoon cinnamon
	½ teaspoon nutmeg

Cream together shortening, sugar and syrup. Add egg yolk; mix well. (Reserve egg white for frosting.) Sift together flour, salt, baking soda, baking powder and spices. Stir in flour mixture; mix well. Chill. Roll out dough ¼ inch thick on lightly floured board or pastry cloth. Cut with 5-inch gingerbread boy cookie cutter; place on ungreased baking sheets. Decorate with raisins or nuts, if desired. Bake in moderate oven (350° F.) 8 to 10 minutes. Cool. Decorate with *Ornamental Frosting!. (Allow yourself a real treat and have children around while these are baking so that you can tell the "Gingerbread Boy" story.)

YIELD: 2 dozen cutouts.

*ORNAMENTAL FROSTING

Sift together 1¼ cups sifted confectioners' sugar and ⅛ teaspoon cream of tartar. Add reserved egg white and ¼ teaspoon vanilla. Beat with rotary or electric beater until frosting holds its shape. Cover with damp cloth until ready to use.

AL'S COOKIES

- | | |
|---------------------------|---------------------|
| 1 cup shortening | 2 teaspoons of soda |
| 1 cup brown sugar | 4 cups flour |
| 2 tablespoons white sugar | 2 teaspoons ginger |
| 1 egg | 1 teaspoon cinnamon |
| 1 cup Steen's Syrup | ½ teaspoon nutmeg |
| ½ cup sour milk | ½ teaspoon salt |

Cream sugars and shortening, add egg, then syrup. Put soda in sour milk, add to mixture alternately with flour and spices. Chill overnight. Bake 325° for about 10 to 12 minutes.

PAGE BOY COOKIES

- | | |
|------------------------------|---------------------------|
| 2½ cups sugar | 4½ cups all-purpose flour |
| 1 cup butter | ½ teaspoon salt |
| 2 eggs | sifted with flour |
| ½ cup Steen's Syrup | 2 teaspoon vanilla |
| 1 teaspoon soda dissolved in | 1 cup nuts |
| 4 tablespoons hot water | |

Mix in order given. Roll and chill overnight, slice and bake (about 10 minutes at 325°). This makes a very crisp cookie and if stored in a tight, closed container will remain crisp for several weeks. Rolls of cookie dough may be frozen and baked as needed.

YIELD: About 7 dozen.



My Own Notes

Dessert Sauces

We all love to dress up that plain cake or pudding with a Sauce. Maybe you like a sauce on ice cream. The following all contain Steen's Syrup. Steen's Syrup makes the best better!

STEEN'S-RUM FRUIT SAUCE

1 can (20 oz.) cling peach halves	$\frac{1}{2}$ cup Steen's Syrup
1 can (1 lb.) Bing cherries, pitted	$\frac{1}{2}$ cup light rum

Drain peaches and cherries; reserve syrup for fruit punches. Place peach halves and cherries in saucepan. Combine syrup and rum; add to fruit mixture. Place over medium heat; heat to serving temperature. Spoon hot over ice cream.

YIELD: 8 servings.

Note: To flame, heat $\frac{1}{4}$ cup of the rum separately; pour into center of peach and ignite. If desired, fruit may be heated in chafing dish.

STEEN'S APPLE TAFFY SAUCE

Wonderful with meats.

1 tablespoon cornstarch	$\frac{1}{4}$ teaspoon cinnamon
2 tablespoons sugar	1 can (20 oz.) apple slices
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup water
$\frac{1}{4}$ teaspoon nutmeg	$\frac{1}{4}$ cup Steen's Syrup

Mix together cornstarch, sugar and spices in a saucepan. Stir in liquid from apples, water and syrup. Add apple slices. Cook over medium heat, stirring carefully, until mixture thickens and comes to a boil. Boil 1 minute and serve hot.

YIELD: $2\frac{1}{2}$ cups sauce.

MAGGIE'S CHOCOLATE SAUCE

1 package (6 oz.) semi-sweet chocolate pieces	$\frac{2}{3}$ cup evaporated milk
	$\frac{1}{2}$ cup Steen's Syrup

Combine semi-sweet chocolate pieces and evaporated milk in top of double boiler. Place over hot (not boiling) water; stir until chocolate is melted. Blend. Stir in syrup. Spoon over ice cream.

YIELD: $1\frac{2}{3}$ cups sauce.

STEEN'S PEANUT BUTTER SAUCE

1 cup evaporated milk $\frac{3}{4}$ cup peanut butter
 $\frac{1}{2}$ cup Steen's Syrup

Gradually add evaporated milk to peanut butter, blending until smooth. Stir in syrup. Spoon over ice cream.

YIELD: 2 cups sauce.

STEEN'S PINEAPPLE SAUCE

1 can (9 oz.) crushed pineapple 1 tablespoon butter or margarine
 $\frac{1}{4}$ cup Steen's Syrup 2 tablespoons rum, optional
Combine pineapple, Steen's Syrup and butter in saucepan. Bring to a boil; simmer 5 minutes. Add rum. Serve hot or cold over ice cream.

YIELD: Approximately 1 cup sauce.

WESLEY'S SUNDAE SAUCE

$\frac{1}{2}$ cup Steen's Syrup pinch salt
 $\frac{1}{2}$ cup honey $\frac{1}{2}$ teaspoon vanilla
 Pecans

Blend together syrup and honey. Stir in salt and vanilla. Spoon over ice cream; top with pecans.

YIELD: $1\frac{2}{3}$ cups sauce.

BUTTERY SUNDAE SAUCE

$\frac{1}{2}$ cup butter $\frac{1}{2}$ cup evaporated milk
 $\frac{1}{2}$ cup sugar 1 teaspoon vanilla
 $\frac{1}{2}$ cup Steen's Syrup $\frac{1}{2}$ cup pecans

Melt butter in saucepan; add sugar and syrup. Bring to rolling boil; reduce heat and boil 2 minutes, stirring constantly. Remove from heat; cool. Stir in evaporated milk, vanilla and pecans. Spoon hot or cold over ice cream.

YIELD: $1\frac{2}{3}$ cups sauce.

MANDY'S RAISIN SAUCE

$\frac{1}{4}$ cup sugar $\frac{1}{4}$ cup orange marmalade
 $1\frac{1}{2}$ teaspoons dry mustard $\frac{1}{3}$ cup raisins
 $1\frac{1}{2}$ tablespoons cornstarch $\frac{1}{4}$ cup cider vinegar
 $\frac{1}{4}$ teaspoon salt 1 tablespoon butter or margarine
 $1\frac{1}{2}$ cups water
 $\frac{1}{2}$ cup Steen's Syrup

Combine sugar, mustard, cornstarch and salt in saucepan. Gradually stir in water, syrup, marmalade and raisins. Cook over medium heat until mixture thickens and comes to a boil. Remove from heat; stir in vinegar, butter. Serve with ham. Makes 2 cups.

My Own Notes

Drinks

Delicious and nutritious because Steen's Syrup is added!

HOT SYRUP SPICED CIDER

4 slices lemon, cut in halves	½ cup Steen's Syrup
12 whole cloves	2 cinnamon sticks, 2 in. long
2 quarts cider	Juice of 2 lemons

Stud lemon slices with cloves. Combine cider, syrup, cinnamon and lemon slices in a large saucepan. Bring to a boil, reduce heat and simmer 15 minutes. Remove cinnamon sticks. Add lemon juice. Serve hot in mugs.

YIELD: 8 servings.

SIS'S MILK LASSIE

(For Calorie Counters)

½ cup instant nonfat dry milk	3 tablespoons Steen's Syrup
1 qt. milk, whole or skim	

Add the nonfat dry milk and Steen's Syrup to fresh milk. Shake or beat until light and frothy, or until the dry milk has been completely blended. Keep in refrigerator and use cold during the day between meals, and hot as a delicious nightcap.

YIELD: 4 to 5 servings.

STEEN CHILDRENS' TAFFY MILK

Use 1 tablespoon Steen's Syrup for each cup milk. Add syrup to milk, stir or shake well. Serve immediately or refrigerate until ready to use. Taffy Milk may be made with hot milk and served in mugs. Use cinnamon stick as stirrer, or top with whipped cream or marshmallow.

YIELD: 1 serving.

SIS'S MILK SHAKE

Rich in iron and calcium!

1 tablespoon Steen's Syrup	1 cup cold milk
Dash cinnamon	

Combine syrup, milk, cinnamon, shake well. Serve immediately. Serves 1.

GRINDING SEASON TODDY

A fine chill-chaser on frosty days!

1 tablespoon Steen's Syrup 1 cup milk, heated
Dash nutmeg

Add Steen's Syrup to milk; mix well. Top with dash of nutmeg. Serves 1.

CANE PLANTATION EGG NOG

"Rich in nourishment and a real treat!"

1 egg, separated 1 cup cold milk
2 teaspoons Steen's Syrup Few grains salt
Few grains nutmeg

Beat egg yolk; add Steen's Syrup; mix well. Add milk, salt and nutmeg. Beat egg white stiff; fold in. Serve at once. Serves 1. (If no objection—add one jigger of "Nog".)

STEEN'S MALTED MILK

Very nourishing, very tasty!

1 tablespoon Steen's Syrup 3 tablespoons malted milk
1 cup cold milk

Blend together Steen's Syrup and malted milk. Gradually add milk, beating with rotary beater. Serve immediately. Serves 1.

STEEN'S BANANA MILK SHAKE

Soda-fountain "oomph"!

1 medium fully-ripe banana Few grains salt
1 cup cold milk 1 tablespoon Steen's Syrup
Few drops vanilla extract

Mash banana with fork until smooth; add milk, salt, Steen's Syrup and vanilla extract. Shake well. Serve 1.

WESLEY'S PLANTATION FRIZZ

A grand "cooler-offer" for torrid days!

2 lemons, grated rind 4 cups water
2 oranges, grated rind ½ cup lemon juice
12 whole cloves 1 cup orange juice
¼ cup sugar ¼ cup Steen's Syrup
Mint sprigs

Combine lemon rind, orange rind, cloves, sugar and 2 cups water; simmer 5 minutes. Strain; cool. Combine with remaining water, lemon and orange juice and syrup. Pour over ice in tall glasses. Top each with sprig of mint. Serves 4-6.

My Own Notes

Fruit Desserts

STEEN'S BAKED APPLES

6 apples	1 cup Steen's Syrup
2 tablespoons lemon juice	2 tablespoons sugar
½ cup chopped pecans	2 tablespoons oleo
2 tablespoons raisins	Few drops red coloring

Wash, and core apples. Place in baking dish. Sprinkle lemon in cavities to prevent discoloring. Mix pecans and raisins and fill center of each apple with this mixture. Mix syrup, sugar, oleo and red coloring and bring to a boil. Pour about half this syrup mixture over apples. Bake in 400° oven for about 30 to 35 minutes. In the last 15 minutes of this time, baste the apples with the remaining half of the syrup mixture. When apples are done, baste them with the syrup from the bottom of the baking dish. Serve hot or cold. Top with whipped cream. For calorie counters whipped cream is not necessary. The flavor of Steen's Syrup is satisfying enough.

TAFFY PEACH MERINGUES

Pretty! Good! Yummy!

1 can (29 oz.) peach halves, drained	2 egg whites
⅓ cup Steen's Syrup	¼ cup sugar
4 teaspoons butter or margarine	½ cup heavy cream

Put drained peach halves in shallow baking pan. Drizzle with syrup and dot with butter. Bake in a very hot oven (450° F.) 10 minutes. Beat egg whites until stiff but not dry. Gradually add sugar and beat until very stiff. Pour cream around peaches. Pile meringue on top of each peach half. Return to oven 5 minutes, or until meringue is lightly browned. Serve peaches with pan sauce.

YIELD: 7 to 8 servings.

STEEN'S BROILED GRAPEFRUIT

Low in calories. Fine for appetizer or dessert.

Cut grapefruit into halves. Cut around each section, loosening fruit from membrane. (Do not cut around outer edge of fruit; cut only within the membrane of each segment.) Top each grapefruit half with 1 tablespoon Steen's Syrup. Place on broiler rack 3 inches from heat. Broil slowly 10 to 15 minutes, or until grapefruit is slightly browned and heated through.

CALYPSO BANANAS

6 Green tipped firm bananas	1/4 teaspoon salt
3 tablespoons melted butter or margarine	1 tablespoon rum flavoring
	1 tablespoon grated orange rind
1/3 cup Steen's Syrup	1/3 cup flaked coconut

Peel bananas. Place in baking dish. Combine butter, syrup, salt, rum flavoring and orange rind. Spoon over bananas; sprinkle with coconut. Bake in 375 degree oven 15 to 18 minutes, basting occasionally. Makes six servings.

STEEN'S DEEP DISH APPLE CRISP

6 cups sliced cooking apples (4 large apples)	5 tablespoons Steen's Syrup divided
1/2 cup sugar, divided	3 tablespoons butter or margarine
1/4 teaspoon nutmeg	
1/8 teaspoon salt	3/4 cups sifted all-purpose flour
1/2 teaspoon cinnamon, divided	

Pare and core apples; cut into 1/8-inch thick slices. Mix together 1/4 cup of the sugar, nutmeg, salt and 1/4 teaspoon of the cinnamon. Alternate apples and sugar mixture in a greased 6 x 10 x 2-inch casserole. Spoon 4 tablespoons of the syrup over top. Mix together remaining 1/4 cup sugar, 1 tablespoon syrup, 1/4 teaspoon cinnamon, butter and sifted flour to a crumb consistency. Sprinkle evenly over casserole. Bake in a moderate oven (375° F.) 50 minutes. Serve warm with Steen's Hard Sauce*.

YIELD: 6 servings.

* STEEN'S HARD SAUCE

$\frac{1}{3}$ cups butter or margarine	1 tablespoon milk
$2\frac{1}{4}$ cups sifted confectioners' sugar	2 tablespoons Steen's Syrup

Cream butter. Add confectioners' sugar alternately with milk and syrup.

YIELD: $1\frac{2}{3}$ cups sauce.

TAFFY TOPPED FRUIT

Nice accompaniment for roast.

2 cans (16-20 oz. each) fruit (peach halves or slices, pear halves, pineapple slices or chunk, or fruit cocktail)	$\frac{1}{4}$ cup butter or margarine, melted $\frac{1}{2}$ cup chopped pecans or walnuts $\frac{1}{8}$ teaspoon ginger or nutmeg
$\frac{1}{3}$ cup Steen's Syrup	

Drain syrup from 1 can of the fruit: (reserve to add to fruit punch). Turn drained fruit into a shallow baking dish. Combine remaining ingredients; spoon over fruit. Bake in a moderate oven (375° F.) 15 minutes. If desired, serve with whipped cream.

YIELD: 6 servings.

Main Dishes

STEEN'S QUICK-BAKED BEANS

- | | |
|---------------------------------|---------------------------------|
| 1 can pork and beans | $\frac{1}{2}$ teaspoon prepared |
| $\frac{1}{2}$ cup Steen's Syrup | mustard |
| Bacon strips | |

Place beans in casserole, mix with Steen's Syrup and mustard. Place bacon strips across top and bake in moderate oven until bacon is brown and crisp.

FRANK'S FRANKFURTER APPLE BEAN BAKE

- | | |
|---------------------------------|-----------------------------|
| $\frac{1}{4}$ cup Steen's Syrup | 2 teaspoon Worcestershire |
| 3 tablespoons prepared | sauce |
| mustard | 2 cans (1 lb. each) baked |
| 2 tablespoons vinegar or | beans |
| lemon juice | 1 can (20 oz.) apple slices |
| 1 pound frankfurters | |

Combine syrup and mustard in mixing bowl; stir in vinegar and Worcestershire sauce. Add baked beans and apple slices; toss. Turn into 2-quart casserole. Top with frankfurters. Bake in a moderate oven (350° F.) 45 minutes.

YIELD: 8 servings.

STEEN'S BAKED HAM

- | | |
|------------------------|---------------------------------------|
| 1 ham precooked | $\frac{1}{2}$ cup bread crumbs (whole |
| 1 cup Steen's Syrup | cloves, pineapple slices & red |
| 2 tablespoons prepared | cherries for decoration if |
| mustard | desired) |

Remove wrappings from ham but do not remove rind. Re-wrap loosely in inside wrapper or heavy foil. Place fat side up on rack in shallow uncovered pan. (If preparing butt or shank end of ham instead of whole ham, place cut side down.) Bake in 325° F. oven about 18 minutes per pound for whole ham. Half an hour before done, remove paper and rind, score fat, stud with cloves and arrange pineapple slices and cherries for decoration if desired, and cover with a glaze made by mixing Steen's Syrup and bread crumbs. Finish baking at the same low temperature 325° F. until glazed.

My Own Notes

Barbecue Specialties

Steen's Syrup added to Barbecue Sauce tends to give that golden color to barbecued meats.

STEEN'S BASIC BARBECUE SAUCE NO. I

- | | |
|--------------------------------------|-----------------------------|
| $\frac{1}{2}$ stick oleo(or butter) | Salt and pepper to taste |
| $\frac{1}{2}$ onion, chopped | 2 tablespoons Steen's Syrup |
| 1 tablespoon lemon juice | |

Cook chopped onion in oleo until onion looks clear. Add Steen's syrup, lemon juice. Mix all together well. Will yield enough sauce to barbecue one fryer. Let the fryer halves cook on pit (or oven) until skin looks a little dry—then brush on the sauce several times during the cooking. The Steen's Syrup produces that extra golden color to barbecued meats.

STEEN'S BASIC BARBECUE SAUCE NO. II

- | | |
|---------------------------|---------------------------------|
| 1 stick oleo | 2 tablespoons soy sauce |
| 1 bottle catsup (small) | 1 tablespoon Lea & Perrins |
| 1 bottle sherry wine | 1 teaspoon mustard |
| (cooking sherry) | $\frac{1}{4}$ cup Steen's Syrup |
| (refill catsup bottle) | Hot sauce to taste |
| 1 lemon—cut into quarters | |

Melt oleo in saucepan, add other ingredients in order given, and heat only until sauce simmers.

FRANK'S BARBECUED FRANKFURTERS

- | | |
|--|---------------------------------|
| $\frac{3}{4}$ cup Basic Barbecue Sauce | $\frac{1}{2}$ cup tomato catsup |
| 2 tablespoons
Worcestershire sauce | 1 pound frankfurters |

Blend together Basic Barbecue Sauce, Worcestershire sauce, catsup in skillet. Place over medium heat; bring to a boil. Add frankfurters and simmer 10 minutes, turning occasionally. Serve on plate or in toasted frankfurter rolls. Spoon any remaining sauce over top.

YIELD: 4 to 6 servings.

Appetizer Barbecued Frankfurters: Follow same procedure as above, cutting frankfurters in 1-inch pieces before adding to barbecue sauce. Serve hot from chafing dish.

BARBECUED HAMBURGERS

Brush top of each hamburger with 1 tablespoon Basic Barbecue Sauce 2 minutes before end of cooking time.

BARBECUED MEAT LOAF

$\frac{1}{2}$ cup Basic Barbecue sauce	1 tablespoon salt
1 cup tomato juice	$\frac{1}{4}$ teaspoon pepper
2 eggs	$\frac{1}{2}$ teaspoon thyme
3 cups soft bread crumbs	3 pounds ground beef
1 medium onion, finely chopped	1 can (1 pound, 14 ounces) peach halves, drained (optional)
$\frac{1}{4}$ cup finely chopped parsley	

Combine Basic Barbecue Sauce, tomato juice and eggs in large bowl; beat until blended. Mix in bread crumbs, onions, parsley, salt, pepper and thyme. Add ground beef, mix well. Form into a loaf in a shallow baking pan. If glaze is desired, brush with additional Basic Barbecue Sauce. Bake in a moderate oven (350° F.) 1½ hours, brushing occasionally with Basic Barbecue Sauce for glaze. For barbecued peaches, brush peach halves with Basic Barbecue Sauce and add to pan 15 minutes before end of cooking time. Put the meat loaf on a platter and ring the platter with barbecued peaches.

YIELD: 12 servings.

BARBECUED SPARERIBS

5 to 6 pounds (2 racks) spare- ribs, cut into serving pieces	1 teaspoon chili powder
1 lemon, thinly sliced	1 tablespoon celery seed
Salt	2 tablespoons Worcestershire sauce
$\frac{3}{4}$ cup Basic Barbecue Sauce	$\frac{1}{2}$ cup tomato catsup

Place spareribs, meat side up, in shallow baking pan. Sprinkle with salt. Top with lemon slices. Bake in a moderate oven (350° F.) 20 minutes. Combine Basic Barbecue Sauce with remaining ingredients. Brush spareribs; turn and continue baking 1 hour longer, basting frequently.

YIELD: 4 to 6 servings.

OVEN BARBECUED CHICKEN

3 whole broiler-fryer chickens	1 tablespoon Worcestershire sauce
Salt	$\frac{1}{2}$ teaspoon thyme
$\frac{1}{2}$ cup Basic Barbecue Sauce	$\frac{1}{4}$ teaspoon tarragon

Sprinkle salt lightly in cavity of each chicken. Secure openings; truss chickens. Combine remaining ingredients. Place chickens in shallow baking pan and brush with barbecue mixture. Bake in a moderate oven (375° F.) 30 minutes per pound. (Allow 1½ hours for a 3 pound chicken.) Brush chickens occasionally with barbecue mixture during baking.

YIELD: 12 servings.

My Own Notes

Pies

STEEN'S SOUTHERN GENTLEMAN PECAN PIE

- | | |
|---------------------------------------|-----------------------------|
| $\frac{1}{4}$ cup butter or margarine | $\frac{1}{4}$ teaspoon salt |
| 1 tablespoon all-purpose flour | 1 cup pecans |
| 1 tablespoon cornstarch | 2 eggs |
| $1\frac{1}{2}$ cups Steen's Syrup | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup sugar | |

Unbaked pastry for 1 medium sized pie

Melt the butter, add flour and cornstarch and stir until smooth. Then add Steen's Syrup and sugar and boil 3 minutes. Cool. Add beaten eggs, nuts and vanilla, blending well. Pour into pan lined with unbaked pastry. Bake in hot oven (450° F.) 10 minutes, then reduce to 350° F. and bake 30 to 35 minutes.

GRANDMA STEEN'S LEMON TAFFY CHIFFON PIE

Syrup teams up with lemon to provide a chiffon pie of incomparable lightness and flavor.

- | | |
|----------------------------------|--|
| 1 envelope unflavored gelatine | 4 eggs, separated |
| $\frac{1}{2}$ cup sugar, divided | 1 tablespoon grated lemon rind |
| $\frac{1}{8}$ teaspoon salt | 1 cup heavy cream, whipped, divided |
| $\frac{2}{3}$ cup water | 1 baked pastry shell, 9 inches in diameter |
| $\frac{1}{3}$ cup lemon juice | |
| $\frac{1}{4}$ cup Steen's Syrup | |

Nutmeg

Mix together gelatine, $\frac{1}{4}$ cup of the sugar and salt in saucepan. Beat together water, lemon juice, syrup and egg yolks; add to gelatine mixture. Cook over medium heat, stirring constantly, until gelatine is dissolved, about 4 minutes. Remove from heat; stir in lemon rind. Chill until mixture mounds slightly when dropped from a spoon. Beat egg whites until stiff, but not dry. Gradually add remaining $\frac{1}{4}$ cup sugar and beat until very stiff. Fold in gelatine mixture. Fold in half the whipped cream. Turn into prepared pastry shell; chill until firm. Garnish with remaining whipped cream and sprinkle with nutmeg.

YIELD: One 9-inch pie.

SYRUP PIE

Unbaked Pie Shell	2 tablespoons flour
2 cups Steen's syrup	3 eggs
1 small can Pet milk	1 teaspoon vanilla

Beat eggs; add Steen's Syrup; beat in 1 small can Pet milk, 2 tablespoons flour, and vanilla. Pour in unbaked pie shell. Bake in medium oven until knife inserted in center of filling comes out clean.

HARVEST PUMPKIN PIE

$\frac{2}{3}$ cups sugar	$\frac{1}{8}$ teaspoon ground cloves
1 tablespoon all-purpose flour	$\frac{1}{2}$ cup Steen's Syrup
$\frac{1}{2}$ teaspoon salt	2 cups canned pumpkin
1 teaspoon ginger	3 eggs
1 teaspoon cinnamon	1 cup evaporated milk
$\frac{1}{4}$ teaspoon nutmeg	
1 unbaked pastry shell, 9 inches in diameter	

Sift together sugar; flour, salt, and spices into mixing bowl. Add syrup, pumpkin and eggs; mix well. Stir in evaporated milk. Pour into unbaked pastry shell. Bake in a moderately hot oven (400° F.) 50 minutes, or until knife inserted in center of filling comes out clean.

YIELD: One 9-inch pie.

"THE COLONEL'S" MINCEMEAT PIE

1 package (9-ounce dehydrated mincemeat)	$\frac{1}{2}$ cup Steen's Syrup
$1\frac{1}{4}$ cups water	2 medium apples, peeled, cored and finely chopped
Pastry for 2-crust, 9-inch pie	

Turn mincemeat into a two and one-half quart sauce pan; add water and stir until lumps are broken. Stir in syrup and apples. Place over medium heat until mixture comes to a boil. Boil rapidly one minute. Line pie plate with half the pastry; turn in mincemeat mixture. Top with pastry; flute edges. Cut slits in top of pastry to allow steam to escape. Bake in hot oven (425° F.) 30 minutes.

SHOOFLY PIE

- | | |
|----------------------------------|---|
| 1½ cups sifted all-purpose flour | ⅓ cup butter or margarine |
| ½ cup sugar | ¾ cup Steen's Syrup |
| ½ teaspoon nutmeg | ¾ cup water |
| 1 teaspoon cinnamon | ½ teaspoon baking soda |
| ⅛ teaspoon salt | 1 unbaked pastry shell,
9 inches in diameter |

Sift together flour, sugar, nutmeg, cinnamon and salt. Add butter; cut in with two knives or pastry blender to resemble coarse meal. Combine syrup, water and baking soda. Pour into unbaked pastry shell; spoon coarse meal mixture over top. Bake in a moderate oven (375° F.) 35 minutes. If desired, serve with Lemon Sauce*.

*LEMON SAUCE

- | | |
|--------------------------|-----------------------------------|
| 2 tablespoons cornstarch | 1 tablespoon grated
lemon rind |
| ½ cup sugar | 3 tablespoons lemon juice |
| ¼ teaspoon salt | ¼ cup butter or margarine |
| 2 cups water | |

Mix together cornstarch, sugar and salt in saucepan. Gradually stir in water. Cook, stirring constantly, until mixture boils and is thickened and clear. Remove from heat; stir in remaining ingredients. Serve warm.

YIELD: 2¼ cups sauce.

Puddings

PLUM PUDDING

Hostesses in Dinwiddie County, Virginia, have used this recipe for plum pudding since the days when the faithful slave butler bore it to the festive table, aflame with brandy which had been poured over it and lighted. The recipe has been handed down through several generations.

$\frac{1}{2}$ cup fruit juice with wine or brandy flavoring added	1 pound seedless raisins 1 pound currants
$2\frac{1}{2}$ cups fine dry bread crumbs	$\frac{1}{4}$ cup nutmeats (mixed) $2\frac{1}{2}$ cups all-purpose flour
2 teaspoon soda	4 eggs
1 teaspoon cloves	2 cups Steen's Syrup
1 teaspoon allspice	2 cups buttermilk
1 teaspoon nutmeg	$1\frac{1}{2}$ cups finely chopped or ground suet
1 teaspoon cinnamon	
2 teaspoon salt	

Prepare fruit and nutmeats and dredge with 1 cup of the flour. Beat eggs until light and fluffy, add syrup, then buttermilk, suet and flavored fruit juice. Stir in bread crumbs, then remaining flour, which has been sifted with soda, spices and salt. Add dredged fruits and nutmeats and mix. Pour into two greased 3 pound molds, cover and steam for 3 hours. Cool puddings, wrap in heavy wax paper and store. The puddings keep for weeks in a cool place. Re-steam and serve hot with your favorite hard sauce.

STEEN'S BREAD PUDDING

4 cups French bread cubes	3 tablespoons Steen's Syrup
or crumbs (packed and	2 eggs
rounded off)	¼ teaspoon salt
1 can condensed milk	2 teaspoons vanilla
1 cup milk	

Mix condensed milk and plain milk. Add Steen's Syrup. Pour over bread, stir in well and let soak for about ten minutes. Beat eggs and salt well. Add to bread and milk mixture. Stir all together well. Stir in vanilla. Pour in two quart buttered baking dish. Place in pan of hot water and bake in moderate oven (350° F.) one hour or until firm. Serve warm or cold. Top with whipped cream.

YIELD: 6 generous servings.

(For variation add ½ cup coconut to milk and bread mixture, or add two mashed bananas.) Also delicious served with Lemon Sauce recipe on page 74.

INDIAN PUDDING

A dessert well worth the time preparing

4 cups milk, divided	½ teaspoon salt
¼ cup yellow corn meal	¼ cup sugar
2 tablespoons butter	½ teaspoon cinnamon
½ cup Steen's Syrup	½ teaspoon ginger

Heat 2 cups milk over low heat in a 2-quart saucepan. Mix corn meal with ½ cup cold milk; stir into scalded milk. Continue to cook, stirring frequently, about 10 minutes. Remove from heat; stir in butter and syrup. Combine salt, sugar, cinnamon and ginger; stir into cornmeal mixture; add remaining 1½ cups milk. Pour into 1½-quart casserole. Bake in a very slow oven (250° F.) 3 hours.

YIELD: 6 servings.

SOUTHERN PLANTATION PUDDING

2¼ cups sifted all-purpose flour	½ cup butter or margarine
¾ cup sugar	1 cup Steen's Syrup
¾ teaspoon nutmeg	1 cup water
1½ teaspoon cinnamon	1 teaspoon baking soda
¼ teaspoon salt	2 packages (3 ounces each) cream cheese
2 tablespoons milk	

Sift together flour, sugar, nutmeg, cinnamon and salt. Add butter; cut with two knives or pastry blender to resemble coarse meal. Combine syrup, water and baking soda. Alternate layers of crumbs and liquid in a greased 8-inch square pan, beginning and ending with crumbs. Stir gently 2 or 3 times with fork. Bake in a moderate oven (350° F.) 1 hour. When ready to serve blend together cream cheese and milk. Cut cake into squares; place spoonful cream cheese on top of each square. Top each serving with Lemon Sauce, see recipe on page 74.

YIELD: 12 servings.

My Own Notes

Vegetables

GLAZED CARROTS

1 bunch carrots **3 tablespoons butter or margarine**
2 tablespoons Steen's Syrup

Scrape or pare carrots thinly. Leave whole or cut in half. Cook in boiling salted water until almost tender. Remove and drain. Heat syrup and butter in skillet; add carrots. Turn over and baste occasionally.

Yield: Four servings.

Note: 1½ pounds cooked tiny white onions may be substituted for carrots.

STEEN'S LOUISIANA YUMMY YAMS 'N' APPLES

6 medium sized boiled yams **5 tablespoons (heaping)**
(or one 1 lbs. can yams) **Steen's Syrup**
1 Delicious apple **½ stick oleo**
2 tablespoons lemon juice **Dash of cinnamon**

Butter baking dish. Slice yams and place in baking dish. Peel and thinly slice the apple over the yams. Sprinkle the apple slices with lemon juice. Mix oleo, syrup and dash of cinnamon and bring to boiling. Pour over yams and apples. Wonderful served with pork or ham.

DEEP SOUTH GLAZED ACORN SQUASH

(Or cut cushaw into 2-inch squares and follow same directions as for Acorn Squash.)

3 acorn squash	1 tablespoon grated orange
¼ cup Steen's Syrup	rind
½ teaspoon salt	3 tablespoons melted butter
¾ cup chopped nuts (optional)	or margarine

Wash squash and halve them lengthwise; remove seeds and stringy portion. Place squash, cut side down, on a greased shallow baking pan. Bake in a moderate oven (375° F.) 30 minutes. While squash is baking, combine remaining ingredients. Remove squash from oven; turn right side up. Divide syrup mixture among the squash halves. Return to oven and bake approximately 30 minutes longer, or until squash is tender.

YIELD: 6 servings.

LOUISIANA CANDIED SWEET POTATOES

¼ cup butter or margarine	1 one pound can sweet
½ cup Steen's Syrup	potatoes

Melt butter in skillet or pot; stir in syrup. Pour the can of potatoes in skillet or pot; turn to coat with syrup mixture. Cook over medium heat until glazed, about 15 minutes, turning and basting occasionally.

YIELD: 3 servings.

CAJUN ORANGE GLAZED SWEETS

½ cup sugar	3 tablespoons butter or
2 teaspoon cornstarch	margarine
⅓ cup Steen's Syrup	2 one pound cans sweet
⅔ cup orange juice	potatoes

Combine sugar and cornstarch in heavy skillet. Stir in syrup and orange juice; add butter. Bring to a boil; add potatoes. Simmer 30 minutes, turning occasionally.

YIELD: 6 servings.

Sandwich Spread

SPREAD IT WITH STEEN'S

For that sandwich spread
For that last snack before you jump into bed!
Its energy packed!
You won't feel half dead.

STEEN'S SANDWICH SPREAD

2 tablespoons peanut butter 2 tablespoons Steen's Syrup
Mix well until of spreading consistency. Delicious!

FRENCH BREAD FLOAT

Cut off nose of French bread. Dig out the center of the nose leaving a "well". Butter around this hole well with oleo or butter. Fill with Steen's Syrup. Bring back childhood memories!

OTHER SUGGESTIONS

1. Quick Breakfast (8 to 10 minutes).
Bake canned biscuits 8 to 10 minutes. Butter (or for a calorie counter, don't butter). Place baked biscuits in plate and simply pour on Steen's Syrup.
2. Delicious on cornbread, pancakes, hot cakes, battercakes, waffles, french toast, fritters, hot French bread, or rolls.
3. Pour over ice cream, as sauce.
4. Doctors suggest its use in Baby Formulas and Milk Shakes.

My Own Notes

H 42 82

TABLE OF CONTENTS

1. History of C. S. Steen Syrup Mill, Inc.	6
2. General History of the Sugar Cane	15
3. Why Pure Ribbon Cane Syrup is Necessary in the Diet	29
4. Recipes	
Appetizers	35
Breads	36
Cakes	42
Candies	48
Cookies	50
Dessert Sauces	58
Drinks	61
Fruit Desserts	64
Main Dishes	67
Barbecue Specialties	69
Pies	72
Puddings	75
Vegetables	79
Sandwich Spread	81
Other Suggestions For Use of Steen's Syrup.....	81

Compiled and edited by
Mrs. J. Wesley Steen
Illustrations by Ben Earl Looney



(Another Load of Steen's Delicious Pure Ribbon Cane Syrup)

H 42 82

STEEN'S SYRUP is made and put up only by
The C. S. Steen Syrup Mill, Inc., Abbeville, La.





JAN 82

M. MANCHESTER,
INDIANA 46962



LIBRARY OF CONGRESS



0 014 637 696 4

